

# PCAC

## HAUTE CUISINE CHEF DIPLOMA

The program for chefs who want  
to change the world

CIB®

PCAC  
Haute Cuisine Chef

**PCAC – Haute Cuisine Chef Diploma  
Program Syllabus**

Author: CIB Team

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Just as gastronomy is constantly evolving, the contents of this program are subject to change over time,



The school  
for those  
who think  
differently.

# DON'T STOP

PCA Culinary Institute of Barcelona

#Cooking@Tom  
CIB®

# ME



# Imagine a school...

**Imagine** a school where instead of classrooms there are large environments designed for learning.

**Imagine** a school where you can find Bill Gates or Frida Kahlo in the bathroom.

**Imagine** a school where nobody tells you “this is wrong” but “this meets or doesn’t meet the goal we set.”

**Imagine** a school where you can think differently and that makes you better.

**Imagine** a school where evaluation days are the most interesting and fun, and once they’re over, you ask for more.

**Imagine** una escuela donde los alumnos se sientan en círculo junto al profesor y en vez de discursos hay diálogos.

**Imagine** a school where students sit in a circle next to the teacher and instead of lectures there are dialogues.

**Imagine** a school where the first day is a party.

**Imagine** a school where students come from all over the world to learn, work, understand each other and have fun together.

**Imagine** a culinary school that does not teach recipes because that would be teaching you how to copy, but instead it teaches you how to create what nobody has ever made before.

**Imagine** a school where you can follow your study plan in a modular way.

Now, imagine yourself there. **Imagine yourself at the CIB.**





Josep Gala, Ferran Fisas y Pep Nogué  
Founders of the CIB · Culinary Institute of Barcelona

# CIB Manifest

We are born from change and we are in an ongoing change process. Those who do not change do not evolve and teaching has this goal: to teach how to evolve.

In general, society has an obsessive tendency to overvalue knowledge, which breeds frustration and pressures students in their learning process without cultivating their values, abilities and possibilities. That is a big mistake.

Success is precisely what we are able to achieve when knowledge, skills, attitudes and possibilities converge.

In most learning centers, students are not valued for what they are really good at, but for what it is expected of them. Skills such as imagination, creativity, expressiveness and even intelligence (of those who doubt) are penalized. They are not motivated or trained towards innovation, but trained only looking to the past rather than the future.

We must teach them how to improve, to question, to imagine, to seek and to find new possibilities by using their

intellect, which is not strictly rational but absolutely emotional.

In traditional schools, students are taught to know things and not to do things. They are not taught to love or survive, but to accept what is established, even though we know that what is established is fleeting and even incorrect. At CIB we do not make this mistake, which is why we give so much importance to attitudes and provide students with a set of lateral skills that allow them to develop such attitudes.

Our obsession is to improve our teaching procedures so that our students will be able to overcome changes, embrace them and know how to adapt to new circumstances with absolute ease. We must teach them to set, pursue and meet goals and not to be afraid of making mistakes because only those who are willing to make mistakes are capable of doing wonderful things.



# A journey through time

Preparing for the challenges of the 21st century

In the 21st century, we find ourselves in the midst of an era of profound and rapid change, a time when the paradigms that have guided our way of life are evolving. From food to technology, values, economics and society in general, we are witnessing transformations that challenge us and call us to take bold action.

**One of the most relevant aspects of this paradigm shift is in the area of food.** As our societies develop, we are becoming aware of the importance of adopting more sustainable and environmentally friendly practices. We are faced with the need to rethink the way we produce, distribute and consume food, and this requires a new generation of leaders capable of addressing these challenges.

This is where the Culinary Institute of Barcelona (CIB) plays a decisive role. Recognizing the importance of gastronomy in our culture and lifestyle, **the CIB has positioned itself as an institution that is not only dedicated to culinary education,** but also to the preparation of leaders capable of influencing the future of gastronomy.

The CIB fosters an entrepreneurial mindset and a transcendental vision that goes beyond traditional boundaries. Beyond exploring everything about products and food, students are challenged to embrace technology as a tool for innovation and to lead the shift towards more sustainable and healthy eating.

We understand that **the future of gastronomy is not only about culinary techniques, but also about understanding the social, economic and environmental impact of our decisions.** Training at the CIB means immersing yourself in a learning environment where you are encouraged to question established norms, seek creative solutions and collaborate in diverse teams to find answers to today's challenges.

To address the paradigm shifts in the 21st century, we must also be prepared in terms of values and leadership. That is why we empower students to become bold and ethical leaders who seek collective well-being and transcendence in their work.

In a present of constant change, we decide to influence it in order to shape the future.

To be active agents in the gastronomy of the 21st century and transform everything that is to come, we have decided to act.

Faced with the dilemma of whether to adapt to changes or be a part of them, we decided **to start the revolution of gastronomy from the ground up: the education of the chefs of the future.**





# Our purpose in life

The Culinary Institute of Barcelona (CIB) is an institution that embodies the core values of excellence, innovation and commitment to collective well-being. In this place of learning, a culture of inspirational leadership and visionary thinking is fostered, where students become agents of change and actively contribute to building a better world.

At the CIB, not only culinary skills are valued, but also the ability to forge meaningful relationships and create a positive impact in one's community. **The CIB students are leaders in the truest sense of the word.** They are individuals who possess a clear vision and a tireless passion for change.

**The CIB offers a unique and distinctive methodology** that breaks away from traditional teaching methods and is based on three pillars: **creativity, innovation and all that is yet to come.** Through a combination of theoretical and practical knowledge, and the development of lateral skills and abilities, students acquire a solid foundation in culinary techniques while being empowered to find innovative solutions to today's challenges.

Upon graduation, **these CIBers become change agents who will make a difference** in the food industry and beyond, building a brighter future for all.



How do you  
learn at the  
CIB?



# Always in teams

## Multidisciplinary and multicultural

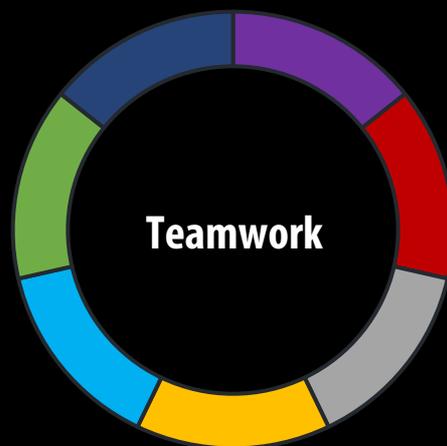
Learning to work as a team, using humility, generosity and intelligence is part of the learning that the CIB students appreciate the most.

We do it with the same tools, demonstrating their effectiveness. To this end, we prepare them in various aspects ranging from the essence of collaboration, feedback, effective communication, targeted communication, decision making and, of course, leadership based on trust.

Always in heterogeneous groups, as an essential part of the internationalization of our school. We know that homogeneous groups tend to look for their points of difference, while heterogeneous groups look for points in common.

At CIB we give special importance to this characteristic, integrating it in a transversal way to the point that 80% of the evaluations are in groups.

### Everything we train for teamwork



■ Communication

■ Support

■ Motivation

■ Share

■ Development

■ Tutorials

■ Task assignments



# The Challenge

Our evaluation method, your biggest test

**The only school in the world where your assessments take the form of professional challenges based on real-world examples.**

Our methodology is unique and is oriented to teach you to define, design, measure and meet your objectives.

We use a holistic methodology to assess the knowledge you have acquired by setting you Challenges. You will regularly participate and test yourself in constantly changing scenarios, just like the challenges you will face in the working world, and you will feel the benefits of everything you have learned like never before. Each challenge will help you see how much you have learned and discover your own limits.

*“Life is about challenges,  
not forms.”*

- Ferran Fisas



# Learning Formats

How do you learn at the CIB?



We usually sit in a circle to allow the dialogue to flow naturally.

## Participatory (P)

We write on the walls, work on the floor, make models, learn to express ourselves, laugh and sometimes even cry of emotion.



## Workshop (W)



We attend demonstrations by the best product and technical specialists.

## Demonstrative (D)

## Practical (T)

We work in our kitchens and pastry room with a lot of freedom of action to meet the objective of each session.



## Experiential (E)

We travel and move to the heart of production establishments to understand and develop criteria about the products and their processes.



## Autonomous (A)

We work autonomously, individually or in teams to create, plan and devise our creative assignments and the Challenges.



# Formats



# PARTICIPATORY

Never has a theory class been **this much fun** and with such a high level of learning.

**We avoid traditional classrooms, and the rigid and vertical structure of the teacher's monologue talking to the students.** At the Culinary Institute of Barcelona, the dynamic classrooms have chairs with wheels, allowing each session to be configured as needed.

Seated in a circle, we all sit in the front row, without the possibility of hiding and always feeling at the center. The language changes automatically, becoming synchronous between students and teachers, **with a sense of freedom of expression that you have never felt before.**

Spontaneity becomes present after a few days of practice and the level of questions and learning increases exponentially. That is why we call these classrooms dynamic and the format, participatory.

PCAC subjects that include this format:

	Sensory Analysis and Tasting
	Framework
	Future
	Leadership
	Real Life



# WORKSHOPS

Although it is reason that teaches you, learning comes from emotion. What you experience firsthand and what awakens your emotions stays with you forever.

Experimenting with the problem is experimenting with the solution to the problem.

The goal of these sessions is to teach a specific method or skill by practicing in a different setting from a professional kitchen or restaurant. They are held weekly and **cover topics as diverse as creativity, innovation, leadership, teamwork and cognitive skills development.**

When you finish your training, you will have received the impact of a multicultural and multidisciplinary education that **will allow you to face the changes of the future with much more preparation than others.** Prestigious universities such as Stanford and RMIT in Melbourne, companies, sports organizations and institutions adopt our methodology in these same CIB facilities through our Workshops. And you will have the privilege of being part of all of them.

PCAC subjects that include this format:

	Mental Health
	Creative Bootcamp
	Efficient Communication
	Teamwork
	Decision Making
	Direct Communication
	Business Design and Management
	CIB Specials



Facts, not just words. We do not teach copying. We don't teach replication. We do not teach recipes. We teach to create and to solve.

These are sessions, usually in the amphitheater classrooms, **where an expert conducts a demonstrative master class**. Students can watch the session and view close-ups of the execution thanks to the monitors in the room, and receive simultaneous translation through an additional monitor in real time.

The demonstrative sessions **aim to bring students closer to a real practice of any kind**, whether it is to show a product, a technology or a procedure.

During the session, students take over the entire space, approaching the space originally occupied by the teacher until they are able to do so spontaneously and naturally.

PCAC subjects that include this format:

	Product
	Cultural Background
	Scientific Principles
	Technology
	Specificities



# PRACTICAL

Where you'll have the most fun is in the kitchen. We know this and, for this reason, you will have at your disposal three kitchens and a bakery, but we add a new component in a school: authorization to make mistakes.

We presume not to teach recipes, but to develop creativity and innovation from the kitchen. And in the kitchens of the CIB you will feel free and safe because in the creative process, error is a very important component.

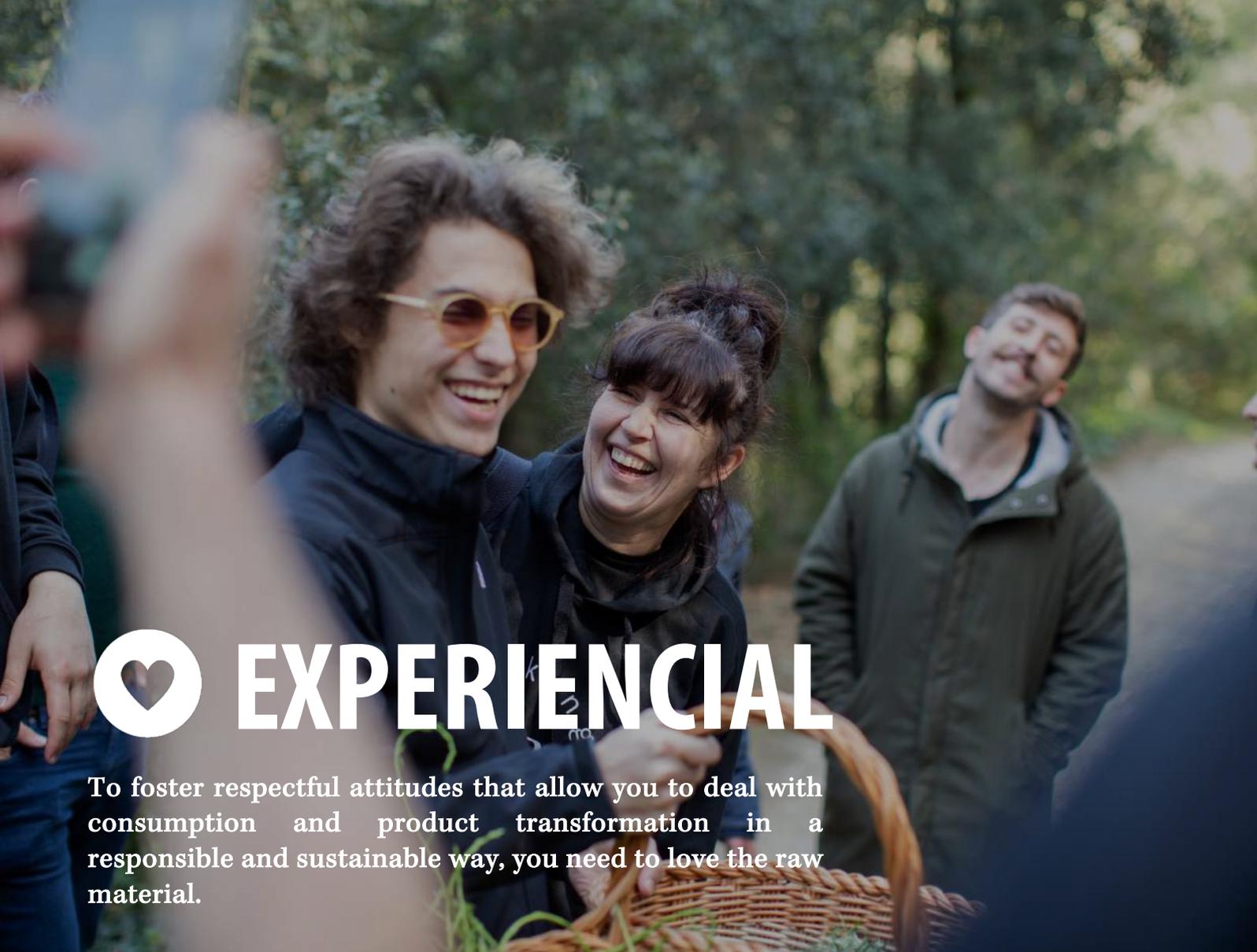
Each kitchen can accommodate up to 16 students, so you will feel with more than enough space and we put at your disposal **all kinds of machinery and devices of last generation, as well as a warehouse full of top quality goods.** Everything is for you.

The practical sessions are undoubtedly some of the favorites of the students who take any of the culinary programs. The difference compared to other schools is implicit in the methodology, which allows them access to the commissary or warehouse, which they also manage, and they are free to present their culinary proposals based on the parameters set by the objectives with which they acquire the knowledge.

This **creative freedom** means that, after a few months, CIB students are able to **innovate in a natural way and present very powerful creative solutions** in line with the objectives set in each practical session.

PCAC subjects that include this format:

	Applied technology
	Challenge



# EXPERIENCIAL

To foster respectful attitudes that allow you to deal with consumption and product transformation in a responsible and sustainable way, you need to love the raw material.

Experiential sessions are held outside the CIB and can last all day. In them, students attend **didactic sessions through a real life experience** on farms, orchards, etc.

Their mission is to **bring students closer to the reality of the entire value chain of their profession** and to do so in a way that fosters specific attitudes towards sustainability, ecology and respect for the environment while learning to love the product.

The farmer, the agriculturist, the fisherman, even the producer or processor, is the first person responsible for the raw material and, therefore, the first cook.

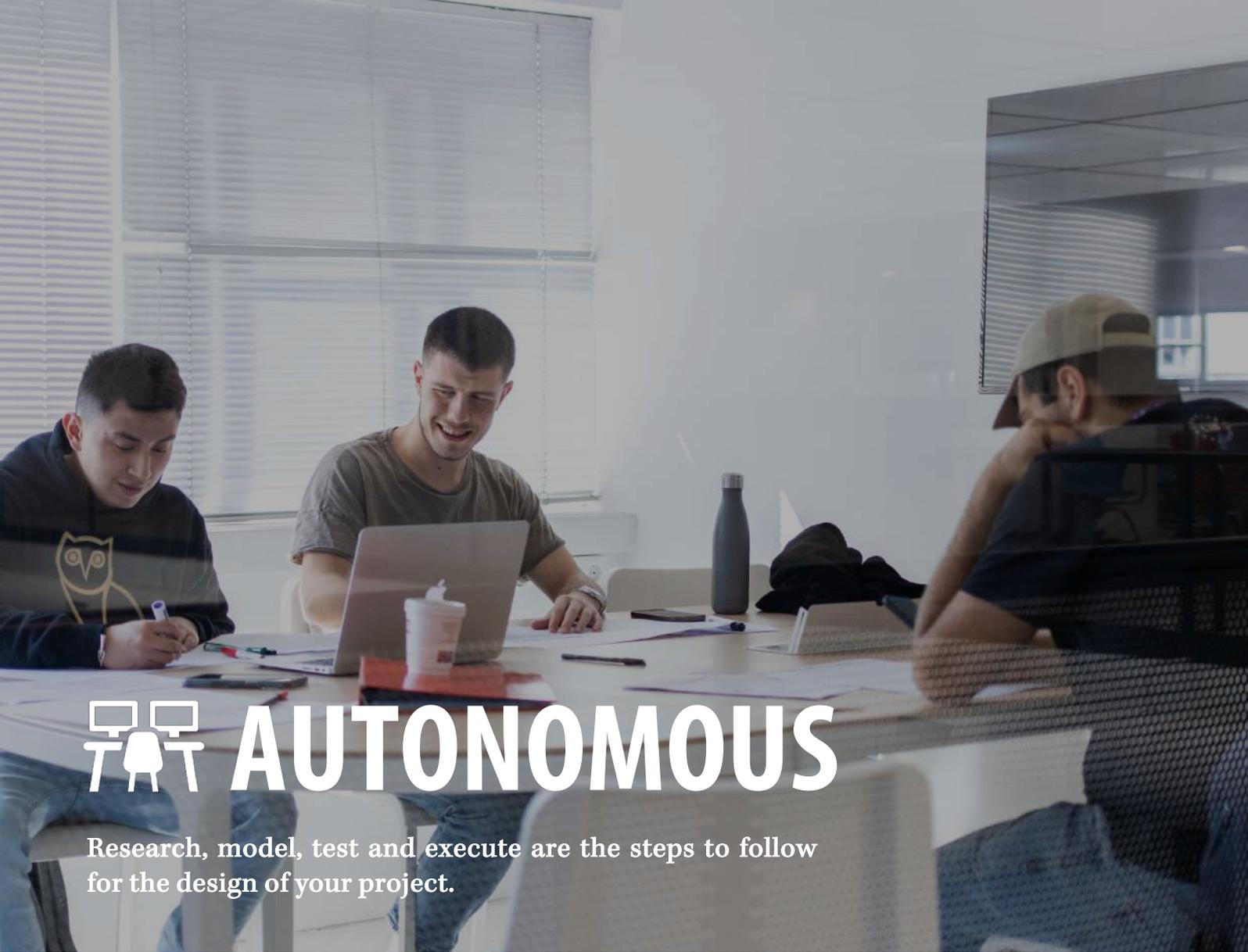
**Knowing about the product is not enough, you have to love it and understand it**, and the experiential sessions of the CIB are designed for students to emotionally perceive that responsibility and execute their work accordingly.

Those days you will wear your *I wanna be CIBer* shirt and you will feel extremely proud to be a privileged member of the CIB.

PCAC subjects that include this format:



Explorer



# AUTONOMOUS

Research, model, test and execute are the steps to follow for the design of your project.

These are sessions where students **work autonomously**, either at the CIB or at their homes.

Each program has a significant workload that requires the student, autonomously, to research on their own or in the company of their team members on various topics.

Normally, this research is linked to preparing the **resolution of the problems shown in the Challenges.**

At the CIB we have spaces reserved for students to develop these autonomous sessions in perfect conditions, even outside school hours, comfortably and with excellent connection.

PCAC subjects that include this format:

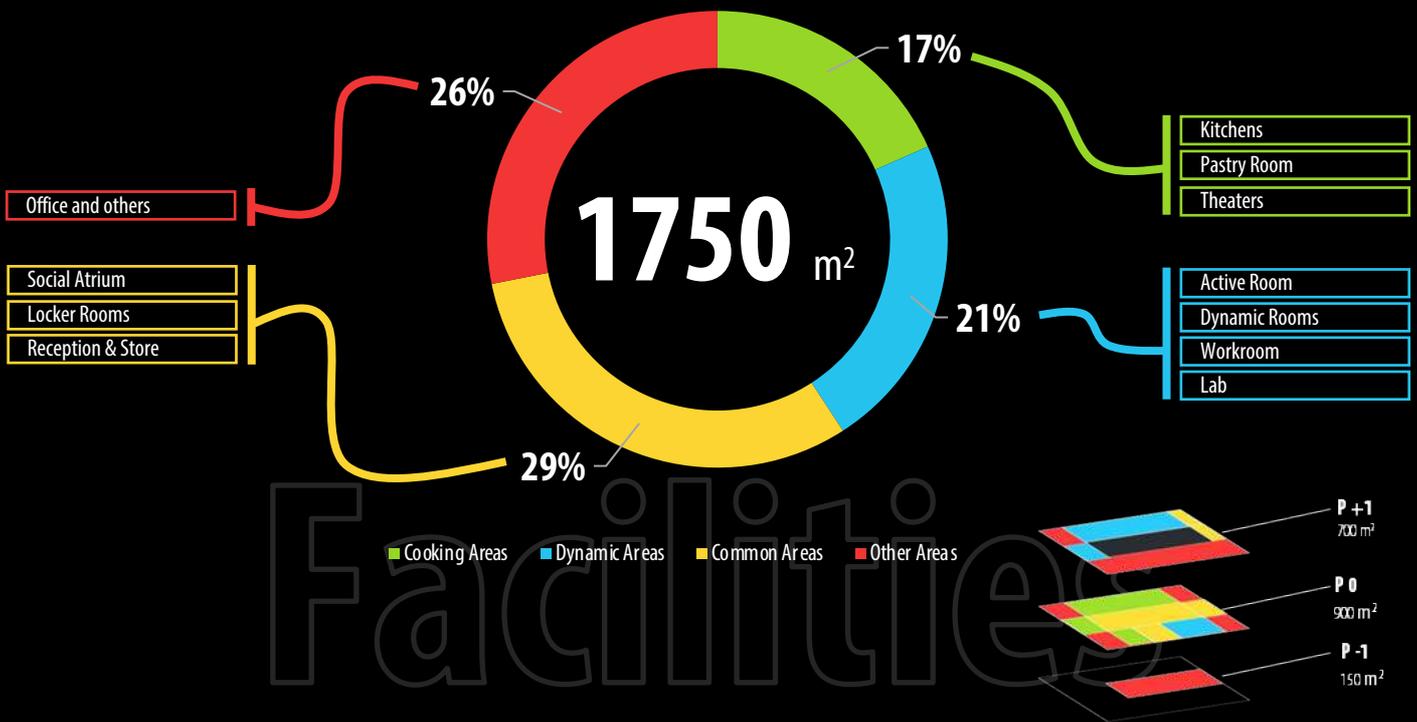


Individual Challenge



# Facilities

The framework of freedom to exercise creativity

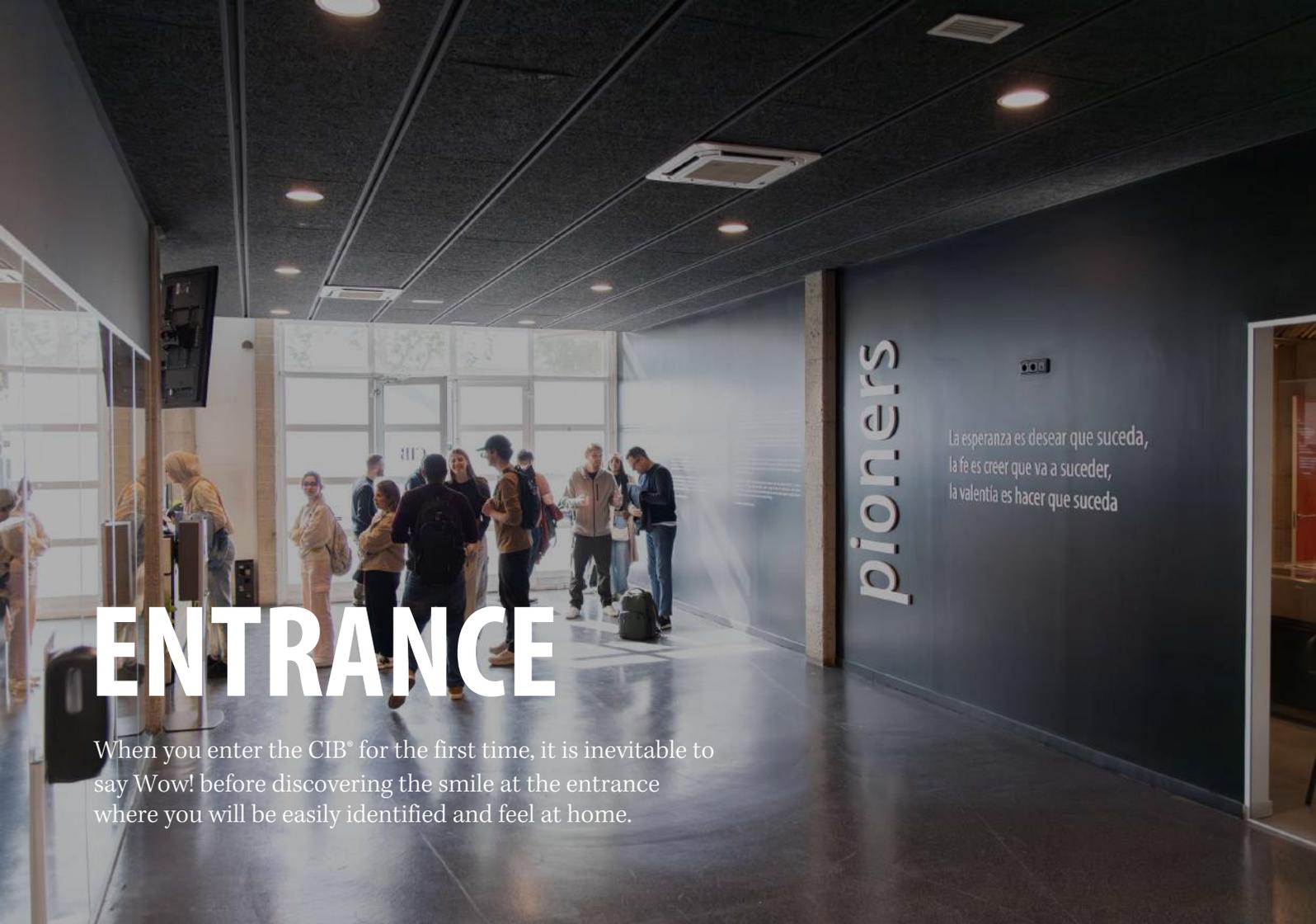


Creativity is a way of doing, thinking and acting, so it is also an attitude. **To exercise creativity you need a framework of freedom that keeps you away from the pressure of error and control, and traditional schools are not that necessary framework.**

This is why the creative people who serve as a reference have in common the traits of rebelliousness, nonconformity and even disobedience. They had no other way of doing but to escape from what was established in order to exercise creativity.

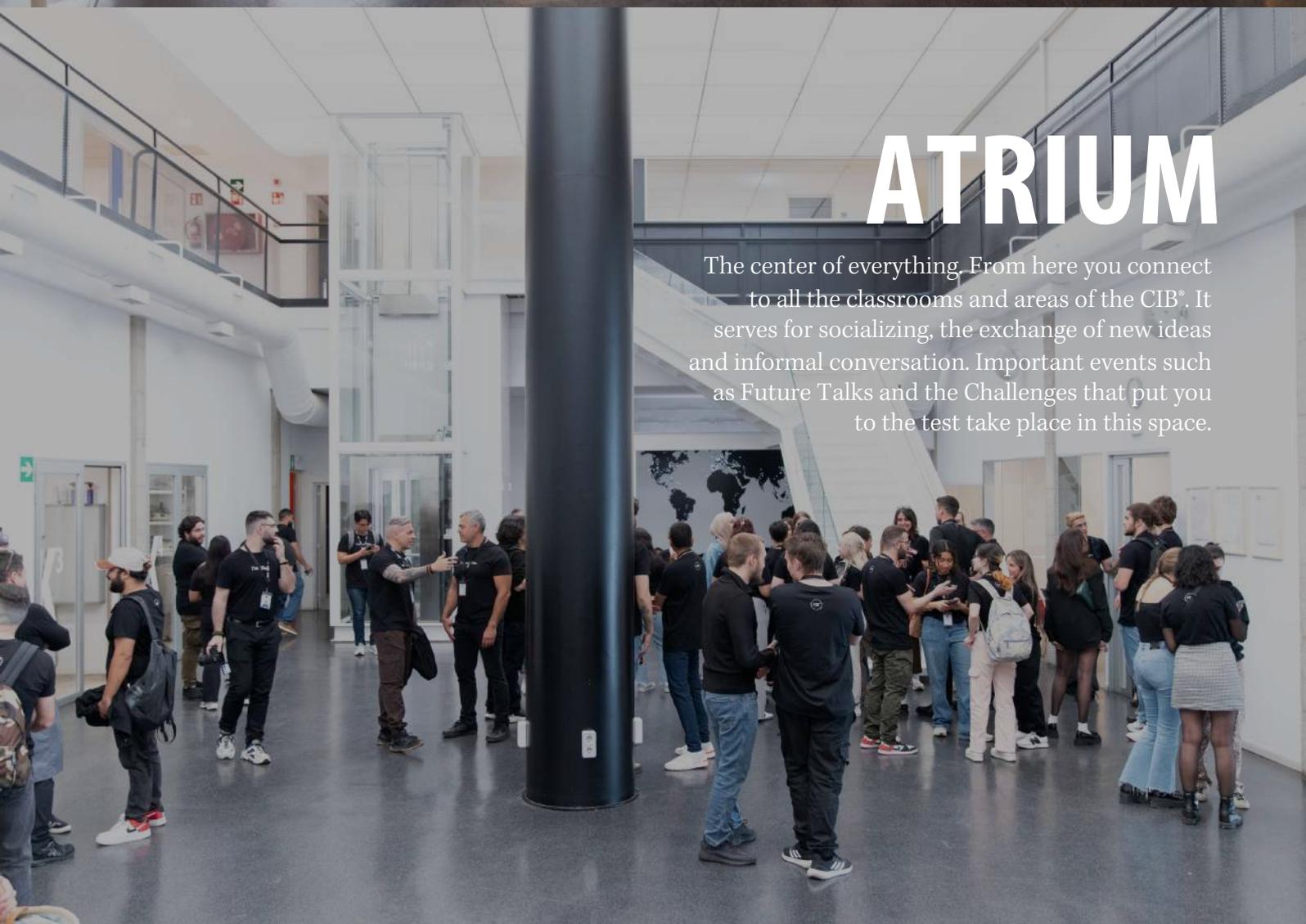
The CIB is that framework of freedom that your creativity needs. It is a space specifically designed to exercise it and to infect you with the energy that students, teachers and workers put into everything they do.

Each space is a perfect setting for your mind and body to align freely in the exercise of the highest virtue of the human being; the exercise of creativity.



# ENTRANCE

When you enter the CIB® for the first time, it is inevitable to say Wow! before discovering the smile at the entrance where you will be easily identified and feel at home.



# ATRIUM

The center of everything. From here you connect to all the classrooms and areas of the CIB®, It serves for socializing, the exchange of new ideas and informal conversation. Important events such as Future Talks and the Challenges that put you to the test take place in this space.

# ACTIVE ROOM

It is the place where you will enjoy most of the creativity and innovation workshops and sessions that make us so different from others. These activities are applied through a methodological base coming from IDEO, in the heart of Silicon Valley.



# THEATRES

Where inspiration comes in a shared and demonstrative way. In the two digitized theaters it is impossible to miss any detail of what is happening.



# KITCHENS

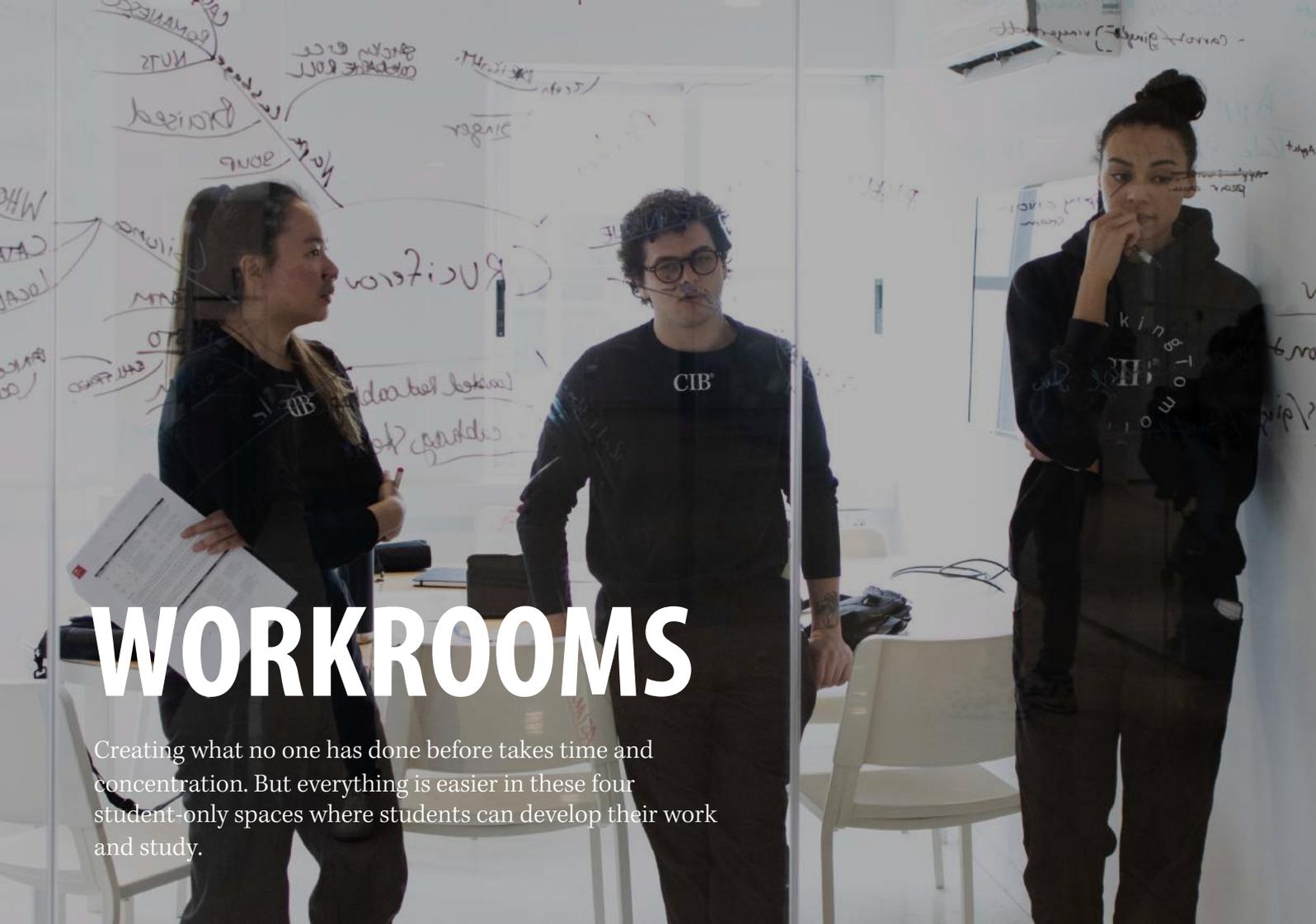
We didn't believe in magic until we saw what students are capable of doing in our three state-of-the-art kitchens.



# PASTRY ROOM

The sweetest spot in the CIB. A space dedicated to pastry and chocolate with all the infrastructure and machinery needed.





# WORKROOMS

Creating what no one has done before takes time and concentration. But everything is easier in these four student-only spaces where students can develop their work and study.



# DYNAMIC ROOMS

At the CIB, the dynamic classrooms have chairs on wheels and arranged in a circle. You will always be in the front row. We have moved away from traditional classrooms and the rigid, vertical structure of the teacher talking to the students.

# SKYLAB

Skylab was the first space station. And, like the CIB, it was built while flying. You will always find us in the staff offices and at your disposal to help you.



# PCAC

## **HAUTE CUISINE CHEFS DIPLOMA**

The program for chefs who want to  
change the world



# It is not enough to be a chef. Here we train chefs for the 21st century.

New market trends, respect for the product, the entrepreneurial spirit, the leadership in restaurant businesses, a forward-thinking outlook and our responsible impact on sustainability make up the DNA of the program that trains the next generation of chefs.

PCAC, the Culinary Institute of Barcelona's signature course, is arguably **the most up-to-date and impactful culinary training program in the world** and offers our students **a radical transformation** of their career path. In just a few months, our students are able **to create things that no one has done before**, not only because of the in-depth knowledge they acquire about the product, the technology or the context, but because **we focus our entire educational model on inspiring creativity and culinary innovation**.

**People from all over the world decide to transform their lives for a variety of reasons**, whether it is to start a culinary career, to update their skills after years of working in the industry or to change career paths and become a chef or a culinary entrepreneur.

The program fosters the **development of lateral skills** such as managing oneself, others and manage businesses; it teaches students how to lead, how to communicate and to use the storytelling to create memorable gastronomic experiences; it enhances their social and professional attitudes to strengthen their leadership in the kitchen. All this, in an evolutionary and transversal way through challenges that test our students and their skills. An educational experience within the international ecosystem characteristic of the CIB in the city of Barcelona, one of the gastronomic capitals of the world and the number one choice to study cooking.

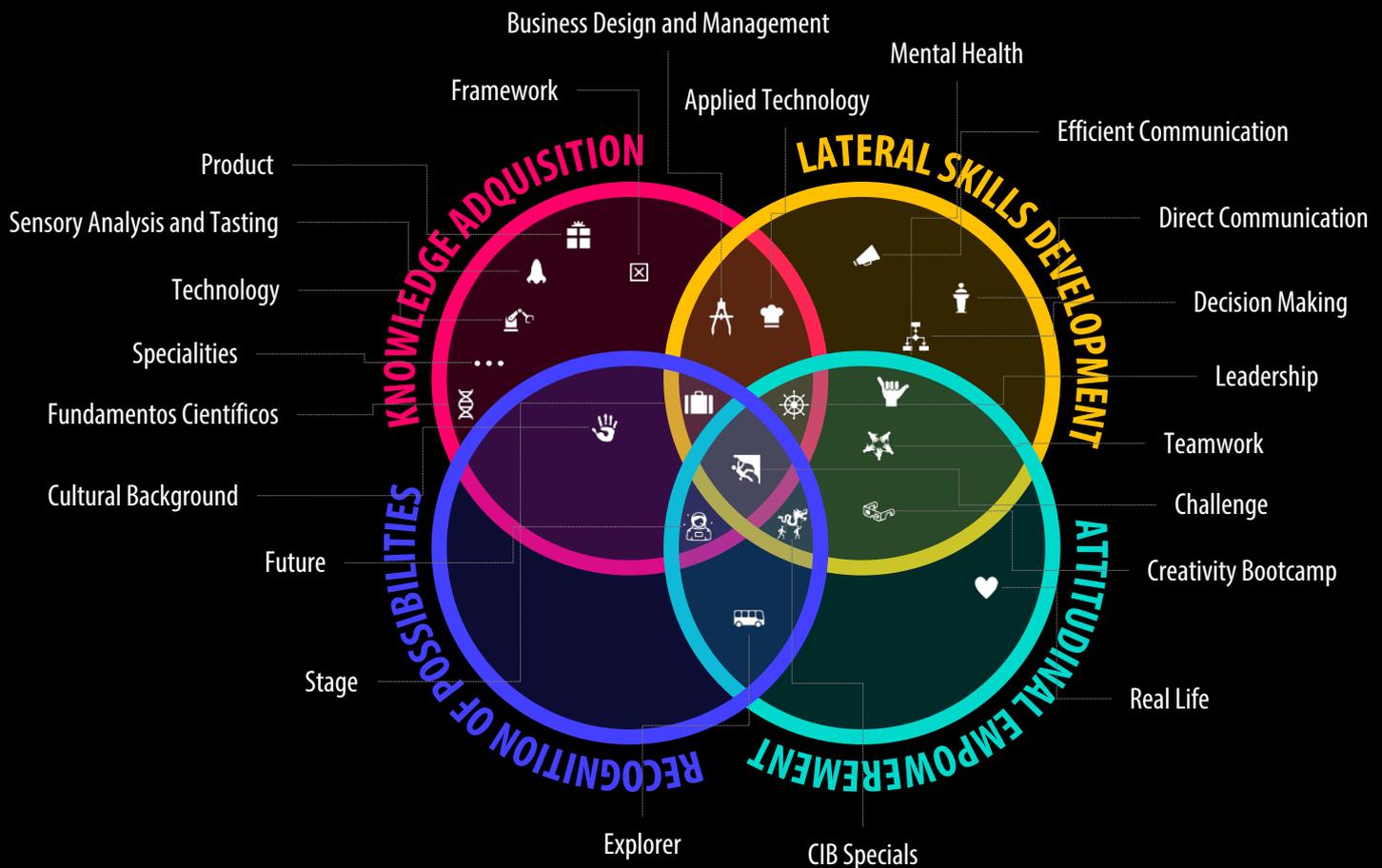
**More than 70 leading names in the international culinary scene** teach in this program, and **renowned restaurants value CIBer students** for their ability to solve problems in innovative ways, work in teams and take cooking to the next level.

**PCAC goes beyond traditional teaching and creates a transformative experience**, where boundaries are challenged and revolutionary ideas become reality. This course will change your perspective on cooking and open doors to an infinite world of culinary possibilities.



# The 4 circles of the CIB

Knowledge acquisition, lateral skills development,  
attitudinal empowerment and recognition of possibilities



At the Culinary Institute of Barcelona (CIB®) we understand that professional success goes beyond the acquisition of knowledge. Our program encompasses key areas such as knowledge acquisition, skills development, attitude empowerment and recognition of possibilities. We are committed to developing our students into leaders of integrity, capable of meeting the challenges of the professional world and making a meaningful contribution to society. At the CIB®, you will not only become an expert in gastronomy, but a person prepared to make a difference in the world.

We have been taught from a very young age that the acquisition of knowledge is fundamental to achieve success in the professional world. However, reality shows us that knowledge alone is not enough. Professional success requires much more than simply possessing information and data.

At the Culinary Institute of Barcelona (CIB®), we understand this reality and have developed a comprehensive program that encompasses four key areas for the growth and success of our students: the acquisition of knowledge, the development of skills, the empowerment of attitudes and the recognition of possibilities.

In the first area, **knowledge acquisition**, our students explore and delve into a wide range of topics related to gastronomy. Beyond mere theory, we provide them with the necessary tools to understand and master products, culinary techniques and the context in which they operate. We value knowledge, but we also understand that it must be applied in an effective and contextualized manner.

The second area, **lateral skills development**, is fundamental for our students. Not only do we seek to acquire technical skills in the kitchen, but we also cultivate interpersonal, leadership and problem-solving skills. We recognize that teamwork, effective communication and adaptability are indispensable skills in today's professional world.

**The empowerment of attitudes** is another fundamental pillar in our training. We foster attitudes of leadership, perseverance, resilience and professional ethics. We believe that character and attitude are as important as technical knowledge, and we strive to develop in our students a positive and proactive mindset that drives them to overcome challenges and achieve success in any environment.

Finally, we focus on **recognizing the possibilities** for our students. We provide them with opportunities for practice and experience in real-world environments, whether through internships at renowned restaurants or through challenges and projects that put them to the test. We want our students to discover their true potential and explore new frontiers in the world of gastronomy.

				HOURS	SESSIONS
KNOWLEDGE ADQUISITION	Knowledge of Product	 <b>PRODUCT</b>	Raw and processed materials	70	33
		 <b>SENSORY ANALYSIS &amp; TASTING</b>			
	Knowledge of Technology	 <b>TECHNOLOGY</b>	Food Physics and Chemistry	330	81
		 <b>SCIENTIFIC PRINCIPLES</b>	Culinary Techniques		
		 <b>APPLIED TECHNOLOGY</b>	Culinary Practice		
		 <b>SPECIALITIES</b>	Healthy + Pastry + Advanced Techniques		
	Knowledge of Context	 <b>CULTURAL BACKGROUND</b>	History, Trends, Territories and Gastronomic Journalism	109	30
		 <b>FRAMEWORK</b>	Management + Food Safety + Hygiene		
		 <b>FUTURE</b>	A look at what's to come in the 21st century		
LATERAL SKILLS DEVELOPMENT	Manage Yourself	 <b>CREATIVITY BOOTCAMP</b>	Development of Lateral Thinking	84	10
		 <b>EFFICIENT COMMUNICATION</b>	Color + Photography + Speech + Communication		
		 <b>MENTAL HEALTH</b>	Mental health strategy		
	Manage Others	 <b>TEAMWORK</b>	Teamwork skills	6	1
	Manage Business	 <b>DIRECT COMMUNICATION</b>	Seduce, convince and sell	42	10
		 <b>DECISION MAKING</b>			
		 <b>BUSINESS DESIGN &amp; MANAGEMENT</b>			
ATTITUDINAL EMPOWEREMENT	Leadership Attitudes	 <b>LEADERSHIP</b>		12	2
		 <b>REAL LIFE</b>	Real case testimonials		
	Social Attitudes	 <b>CIB SPECIALS</b>	Hola Day + Tsunami + Rendezvous + Don't Stop Me Now	21	4
	Professional Attitudes	 <b>EXPLORER</b>	Experiential learning	42	7
RECOGNITION OF POSSIBILITIES		 <b>CHALLENGE</b>	Our unique way of evaluating you	90	9
<b>TOTAL LECTIVE HOURS</b>				<b>806</b>	<b>187</b>

STAGE	 <b>STAGE INTERNATIONAL</b>	520	
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**TOTAL HOURS 1326**

More than  
**70**  
professionals for you

Adrià Benages  
Adrià Rodón  
Aleix Saiz  
Àlex Todó  
Anna Paré  
Antonia Cerrudo  
Atsushi Takata  
Beatriz Martín  
Clara Pallarès  
Daniel Resnich  
David Colom  
David Cuadrado  
David Leon Himelfarb  
Dulce González  
Edgar Coder  
Eduard Àvila  
Eduard Bosch  
Ferran Fisas  
Gabriel Durán  
Gonzalo Hermo  
Guttman  
Ingrid Farré  
Isabel Mariscal  
Joan Solé  
Jordi Farrés  
Jordi Gràcia  
Jordi Reixach  
Jorge Vázquez  
Josep Dolcet  
Juanmi Íñiguez  
Judith Badia  
Lluís Riera  
Lorenzo Sacchi  
Maite Vallet  
Manel Guirado  
Manuel Alvarado  
Marc Casabosch  
Marc de Dios  
Marisa García  
Marta González  
Martha García  
Max Boniface  
Maximiliano Vitale  
Mike Davies  
Mila Sánchez  
Miquel Fluvià  
Nacho Baucells  
Ona Mundó  
Patricia Jurado  
Pep Nogué  
Roger Ortuño  
Roger Serrahima  
Xavier Aguado  
Xavier Bosch

...

+

20 guests



At the CIB®, each session is important and unique, so each session has its own visual identity, its own unique name and, some of them, even its own music.

Every detail of the session is designed for your learning and for you to feel it in such a way that it is unforgettable, to ensure that it is useful for you.

More than

180

Active learning  
sessions

FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# PAPILAS

COLORES Y TEXTURAS



CIB - Culinary Institute of Barcelona

FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

CIB - Culinary Institute of Barcelona



FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# SETAS

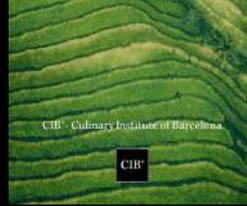
DE LA TIERRA A LA COCINA



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# CON UN PAR



CIB - Culinary Institute of Barcelona

FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# REPLACE

SUSTITUTOS VEGETALES

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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# CASCA

MARKETING EXPERIENCIAL



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# PIRANHA

VEGETALES SILVESTRES



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# GANCHO

EMBUTIDOS



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# MONSTER

COCINA DULCE



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# HUEVOS

EL DÍA DE LOS 1000



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# ¡DESPEGA!



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# THE OUTSIDERS



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# CIB BANG

EL PRINCIPIO DE TODO

CIB - Culinary Institute of Barcelona

FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# ¡O TE MAGNO!

SALSAS Y PASTA



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# ARE YOU NUTS?

FRUTOS SECOS

CIB - Culinary Institute of Barcelona

FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# GOUACHE

TEORÍA DEL EMPLATADO

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# MÉXICO



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# SCRRAWL

DISEÑO ALIMENTARIO



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# WONKA

CHOCOLATE



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# THE DROP

PEQUEÑOS PERO IMPRESCINDIBLES



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# CANDELA

HORNO DE BRASA



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# CREATIVITY BOOTCAMP



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# LOADING

IA GENERATIVA

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# REDES SOCIALES OTRA



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# KILL CIB

NATURAL DE COIRTE

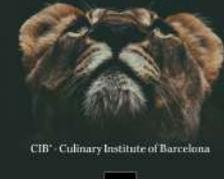


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# THE KING

ANIMALES DEL MUNDO

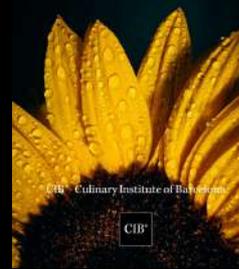


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# ALPISTE

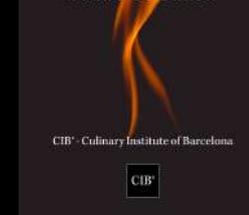
GRANOS, CEREALES Y PSEUDOCEREALES



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# MOLECULAR SPACE



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

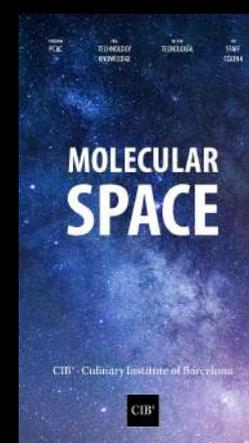
# TURN OVER ETIQUETAS



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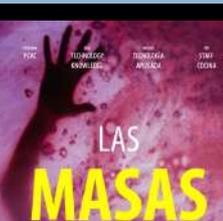
# BASES FRESCAS



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FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING

# LAS MASAS



CIB - Culinary Institute of Barcelona

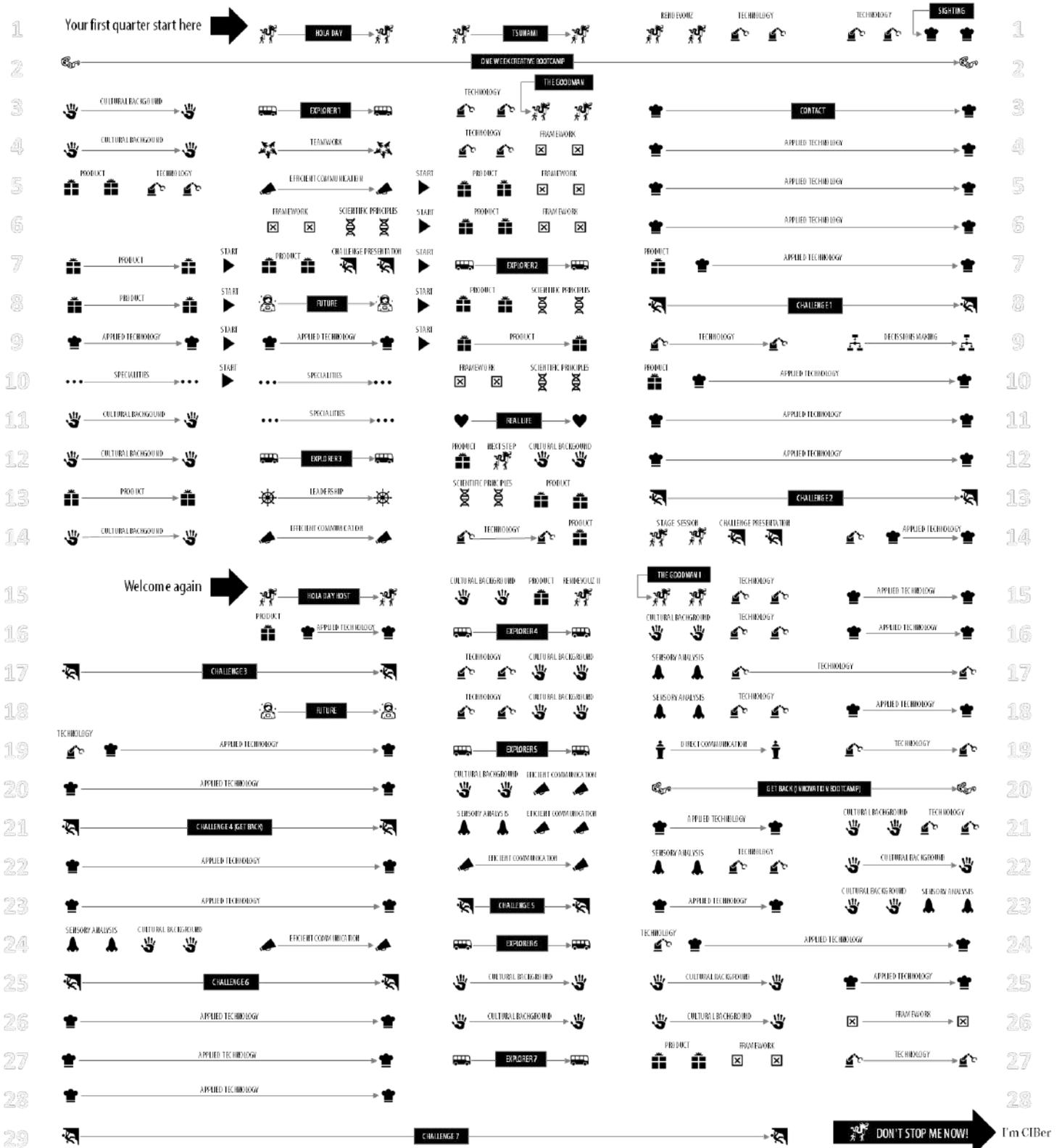
FOOD PRODUCT MARKET RECIPE NUTRITION HEALTHY LIFESTYLE COOKING



CIB - Culinary Institute of Barcelona

# PCAC

## Programa Chef de Alta Cocina



This tour may be subject to changes due to calendar disposition

# BUILDING CHEFS FOR A BETTER 21st CENTURY

Starts every January, May and September | 29 intense weeks | In Barcelona | More than 830 hours | 311 sessions | >60 teachers | 50% Spanish/English | by CIB® - Culinary Institute of Barcelona

Del mismo modo que la gastronomía vive una constante evolución, los contenidos de este programa son susceptibles a cambios en el tiempo en función de la convocatoria.

**PCAC**

**Pensum**

806 520

lective hours + Internship hours

1326

intensive hours of experiential learning

# KNOWLEDGE ADQUISITION

509 HOURS

143 SESSIONS

Training in the field of knowledge serves to become aware of the aspects related to what we do (product), how we do it (technology) and why we do it (context).

CIB students use these three axes of knowledge to apply them freely, which is the key to the development of learning, creativity and innovation.

## KNOWLEDGE OF PRODUCT

Cooking is all about transformation through physics and chemistry, and you must know why things happen when you work with biological products such as food, as well as their organoleptic properties, their origin, their treatment and the extent of their transformation.

Knowing about product is not enough, you have to love and understand it.

HOURS	SESSIONS	FORMAT
70	33	T D

## KNOWLEDGE OF TECHNOLOGY

Knowledge and practice of various culinary techniques enriches your ability to create new and exciting dishes. Whether it's using ancient techniques to prepare a traditional dish or applying the science of molecular cuisine to create something totally new, each technique you master gives you more opportunities to be creative and innovative in the kitchen.

HOURS	SESSIONS	FORMAT
330	81	T D

## KNOWLEDGE OF CONTEXT

Knowing the history of gastronomy and its cultural, economic and religious implications provides you with a richer and deeper frame of reference for your work in the kitchen. It allows you to understand and appreciate the meaning and context of the food you are preparing, and to enrich and enhance your own culinary creations.

HOURS	SESSIONS	FORMAT
109	29	T D



# Knowledge of PRODUCT

By: Juanmi Íñiguez,  
Adrià Benages,  
Roger Serrahima,  
Edgar Coder,  
Martha García,  
Marc Casabosch,  
Judit Badia,  
Xavier Bosch,  
Xavier Aguado,  
Josep Dolcet,  
Maximiliano Vitale  
Marisa García

## PRODUCT

The evolution of products in the last 200 years has been greater than in the entire history of mankind and the ease of obtaining them at any point of sale today has made us not worry about many factors such as the origin, the type of cultivation, the quality of breeding, the type of production, the correct amounts for our nutrition, among others.

Fortunately, there is an upward trend of a public that cares about what they eat and there is clearer and more transparent information in the world of food. Faced with a more prepared and demanding public, the chef has to live up to expectations. The chef of tomorrow not only has to cook well, **but also be fully aware of each and every one of the phases surrounding the food or product**, to get the most out of it and achieve the best results.

- **Know the characteristics and limitations of the ingredients:** Each product and raw material has unique properties. Knowing these properties will allow you to get the most out of each ingredient and avoid common problems or mistakes.
- **Combinations and contrasts:** Knowing the ingredients also allows you to experiment with different combinations of flavors, textures and colors. Knowing which ingredients go well together can open up a world of possibilities for creativity in the kitchen.
- **Seasonal awareness and sustainability:** Knowing about raw materials allows you to be aware of which ingredients are in season, which can influence the quality and taste of your dishes. In addition, a good knowledge of products can help you make more sustainable and ethical choices in your purchases.

## SENSORIAL ANALYSIS & TASTING

Haute cuisine is what makes it possible to combine the local with the exotic, the classic with the avant-garde, the predictable with the unexpected, the simple with the complex, the small with the immense, so that, with a creative spirit, it reaches any part of the planet, is understood and generates pleasure. For this, it is essential to know and be skilled in the management of sensory analysis, **an element that allows generating emotions and memories through enjoyment and pleasure.**

This subject deals with the knowledge of human physiology related to sensory organs, the methodology of sensory analysis and its application as a tool and language of great value in the professional context of cooking and gastronomy.

The chef of the 21st century is not the one who cooks, but the one who perceives, understands, transforms and transmits experiential value through his dishes. He will be able to offer a full experience to the diner if he incorporates sensory analysis as a tool of interpretation and language between him/herself as a professional and his/her clients.

- **To know the basic functioning of the sensory organs** and learn how to use them for professional practice.
- To know and initiate the practice of the basic methodology of sensory analysis in the knowledge and gastronomic use of food.
- **Contextualize sensory analysis** from a historical, technical, qualitative, sustainable, cultural, humanistic and hedonic point of view.
- To work and practice the evaluation of the organoleptic characteristics of food.
- To understand sensory analysis as **an element of knowledge to generate added value and differentiation.**
- Conceptualize sensory analysis as a tool for communicating with diners and improving their gastronomic experience.

HOURS	SESSIONS	FORMAT
		
52	21	D

By: Juanmi Íñiguez, Adrià Benages, Roger Serrahima, Edgar Coder, Martha García, Marc Casabosch, Judit Badia, Xavier Bosch, Xavier Aguado, Josep Dolcet, Maximiliano Vitale

HOURS	SESSIONS	FORMAT
		
18	12	P

By: Marisa García

# Knowledge of TECHNOLOGY

By: Adrià Benages  
Àlex Todó  
Aleix Saiz  
Anna Paré  
Edgar Coder  
Manel Guirado  
Max Boniface  
Roger Serrahima  
Xavier Aguado



## SCIENTIFIC PRINCIPLES

Knowing the types of ingredients that are part of our diet from a health perspective will help you understand how food interacts with our body and why certain foods should be more present than others. This subject deals with the **basic concepts of food and nutrition** necessary to understand what healthy eating is and how we can promote it, both on a personal level and in the restaurant industry.

Cooking is all about transformation through physics and chemistry, and you need to know why things happen when you work with biological products such as food.

- **Understanding food reactions:** Foods change state and form due to various chemical and physical reactions. For example, understanding why bread rises, why meat browns when cooked, or why eggs change texture when beaten or heated helps you better control these processes and experiment with them.
- **Improve cooking techniques:** Knowing scientific principles can help you improve your cooking skills. For example, by understanding how different types of heat (conduction, convection, radiation) affect the cooking of food, you can make adjustments for better results.
- **Innovation and creativity:** By understanding food science, you can begin to break down recipes into their basic principles and experiment more effectively.
- **Quality and consistency:** By understanding how ingredients interact at the molecular level and how changes in the environment can affect these interactions, you can improve the quality and consistency of your dishes.



## TECHNOLOGY

If there is something that defines us and separates us from the rest of the animals, it is the use of technology. The capacity we have **to solve a problem or conflict through the use of concrete techniques is immense.**

Starting off with the cutting tool, followed by the fire and the immense amount of materials for cooking, to the preservation of food, fermentation, and avant-garde techniques...

There are so many things that we take for granted since we are born, that we do them without thinking and we don't stop to see how they work or why we do them. And that's where we have to emphasize to be better chefs: learn how it works to be able to improve it or to be more creative.

Following in the footsteps of the classes, we will see the next step that has led us to develop cuisine to levels undreamed of 100 years ago and lay the foundations for the future culinary revolution.

- **Broaden your repertoire of skills:** By learning a variety of culinary techniques, from the most traditional to the most avant-garde, you will acquire a broad skill set that you can apply in different cooking contexts.
- **Adaptability:** Knowledge of multiple techniques allows you to adapt to a variety of culinary situations and requirements. For example, you may be able to improvise if certain ingredients or tools are missing, or adjust your approach to meet different dietary or cultural preferences.
- **Innovation:** By knowing both traditional and modern techniques, you will be able to combine or modify them in new ways to create new dishes and presentations. Those who do not innovate are destined to become extinct.
- **Understand the science of cooking:** Acquire a deeper understanding of those modern culinary techniques that are based on scientific principles, such as *sous-vide* cooking or spherification in molecular cuisine.

HOURS	SESSIONS	FORMAT
12	8	D

By:  
Anna Paré

HOURS	SESSIONS	FORMAT
75	31	D

By:  
Adrià Benages, Edgar Coder, Roger Serrahima, Max Boniface, Àlex Todó, Manel Guirado, Aleix Saiz, Xavier Aguado

# Knowledge of TECHNOLOGY



## APPLIED TECHNOLOGY

**The basics of the CIB will lay the foundations of your cooking.** A way of cooking that will always accompany you in your professional career and to which you will turn on more than one occasion to solve a culinary challenge. This is where you will give more free will to your creativity to master the art of cooking and come up with innovative and delicious gastronomic proposals.

- **Practical application of theory:** Cooking is a very practical discipline. No matter how much theoretical knowledge you have about culinary techniques, ingredients and scientific principles, you can't really understand it until you put it into practice. This subject allows you to apply what you have learned in a real, tangible environment.
- **Development of manual and creative skills:** Cooking involves a mix of technical and creative skills. The subject "Applied Technology" allows you to practice and perfect your technical skills, from the correct cutting of ingredients to the handling of different kitchen tools. All within a framework of freedom to experiment and express your creativity.
- **Problem-solving experience:** In the kitchen environment you will be faced with challenges and unforeseen situations, whether it's because a dish doesn't turn out the way you expected or because you have to adapt a recipe due to dietary restrictions. This environment will teach you to think quickly, adapt and find creative solutions to problems.
- **Feedback and continuous improvement:** At Applied Technology, you will receive feedback on your work from both your teachers and your peers. This feedback is invaluable for learning and improving. In addition, the chance to try and taste your own creations will help you hone your sensory skills and better understand how your decisions in the kitchen affect the final product.

## SPECIALITIES

These are sessions in which you will see and **practice the CIB's specializations:** sweet cuisine, integrative and healthy cooking, and advanced cooking techniques.

- Show and **demonstrate the possibilities that the knowledge** of the subjects taught in the specialty courses gives you to develop your gastronomic profession.
- **Expanding your repertoire:** Knowing techniques to control fire and low temperatures and specialties such as pastry and chocolate, will allow you to expand your repertoire of culinary skills and, therefore, to create a wider range of dishes and products.
- **Differentiation:** Specialized skills can be a differentiating factor for you as a chef, which can open up more career paths and bring you closer to new professions within the industrial food sector.

HOURS

225

SESSIONS

39

FORMAT

T

By:  
Adrià Benages, Edgar Coder, Roger Serrahima, Adrià Rodón, Íngrid Farré, Aleix Saiz, Jordi Farrés, Juanmi Íñiguez, Martha García

HOURS

18

SESSIONS

3

FORMAT

D

By:  
Roger Serrahima, Edgar Coder, Jordi Farrés, Adrià Rodon,

# Knowledge of CONTEXT

By: David Colom  
David Leon  
Manel Guirado  
Frederic Varo  
Isabel Mariscal  
Pep Nogué  
Nacho Baucells  
Adrià Benages  
Edgar Coder  
Roger Serrahima

Lorenzo Sacchi  
Manuel Alvarado  
Dulce González  
Juanmi Íñiguez  
Atsushi Takata  
Roger Ortuño  
Lluís Riera  
Gabriel Durán  
Clara Pallarès  
Patricia Jurado



## CULTURAL BACKGROUND: HISTORY

The **history of gastronomy** is intended to be a journey through the understanding of cuisine in its context. This discipline should be understood as a **transversal cultural field** so that students have different tools to analyze, understand and compare the different ways of eating in different periods of humanity, taking into account the socio-cultural, economic and political context.

With a participatory methodology, we will analyze representative dishes of each historical era and appreciate how they are the mirror of a particular society with all the load of symbols and beliefs that this presupposes.

It is necessary for the student to understand that gastronomy represents the human act par excellence, the very beginning of our history as a species.

These sessions will allow you to:

- Discard the idea that gastronomic knowledge is a minor knowledge that only concerns an elite of society.
- Analyze each era as a permanent struggle between the threat of hunger, the procurement and preservation of food, its transformation into cuisine and the highest form of the latter into gastronomy.
- Discover, understand and analyze what each dish tells us about the people of the era in which it was created.
- Know the work of the most outstanding chefs and gastronomes of each era and to analyze their works.
- Observe gastronomy as a crossroads of cultural and historical paths.
- Analyze and understand the true meaning of key words such as fusion, exchange, territory and product.
- Handle gastronomic language with precision.
- Know, read and analyze the basic reference works in gastronomic knowledge.



## CULTURAL BACKGROUND: GASTRONOMIC JOURNALISM

Communication and cooking have been part of the essence of human beings since the beginning. We cannot understand human evolution without these two aspects. In this subject we will learn the basics of communication and its different expressions, giving special emphasis to **communication focused on gastronomy**, either as a subject in itself or as an expressive medium.

- **Acquire a general knowledge of the world of communications**, as well as the main formats and channels, paying special attention to social networks and new communication and information technologies. In this way, the student should be able not only to obtain information and inspiration from different sources, but also to take part as an interviewer, collaborator... and even be able to generate their own content.
- **Understand the inner workings of the gastronomic communication system and its actors.** Knowing the communication flows between restaurants, the media, journalists and agencies, the student will learn how to provide the right information to generate impact and will be able to detect opportunities to publicize their product through written and audiovisual formats.
- Establish a good personal and professional relationship with food critics and **acquire the necessary tools to deal with critics.**

HOURS	SESSIONS	FORMAT
15	6	D

By:  
David Colom

HOURS	SESSIONS	FORMATS
15	5	D

By:  
David Leon Himelfarb  
Manel Guirado  
Frederic Varo  
Isabel Mariscal

# Knowledge of **CONTEXT**



## CULTURAL BACKGROUND: **TRENDS**

These are sessions focused **on the latest culinary and avant-garde trends**. This section is designed to explore the most technologically and methodologically relevant aspects, and, at the same time, related to product.

Paco Morales' Noor, successful microconcepts such as Bistrot Bilou, the use of the product as a reference of quality in Nandu Jubany or Artur Martínez of the restaurant Aurt. These are some of the creative and innovative models that you will learn about, as well as adaptations of business models to global environments, studies of business concepts and other work philosophies.

The trend sessions will allow you to:

- To situate you as a student in the contemporary cuisine in terms of product, method and technology. **As well to exalt the traditional culinary bases on which modern or contemporary cuisine is based.**
- Get to know chefs who have a clear and coherent speech beyond stars or commercial brands.
- **Learn about culinary movements, work philosophies, trends and philosophical approaches in the kitchen that can offer a broader vision of gastronomy.**
- Learn about different business concepts and types of cuisine.



## CULTURAL BACKGROUND: **TERRITORIES**

Territories is the place that allows you to learn how the context, products and technologies affect **the way of cooking according to the geographical territory in which it is applied**. You will enrich your gastronomic knowledge and your database of flavors and techniques applicable according to the product you wish to manipulate, as well as to extrapolate this knowledge to apply it to other contexts.

The territory sessions will prepare you for:

- **Know the basics and techniques applied according to the territory** to be treated.
- Enrich the knowledge referred to the use of spices, condiments and other ingredients atypical to the student's own culture.
- **Understand how the socio-cultural context** affects the way of eating and relating through food.
- **Know the evolution of a country's cuisine** according to the influences it has received (migration, areas of influence or habits of the territory).
- Know the possible applications of the knowledge learned in evaluation activities such as the Challenge.

HOURS	SESIONS	FORMAT
11	2	D

By:  
Pep Nogué  
Nacho Baucells

HOURS	SESIONS	FORMAT
42	7	D

By:  
Adrià Benages, Edgar  
Coder, Roger Serrahima,  
Lorenzo Sacchi, Manuel  
Alvarado, Dulce  
González, Juanmi  
Íñiguez, Atsushi Takata,  
Roger Ortuño

# Knowledge of **CONTEXT**

## **FRAMEWORK**

Every day, more and more people, for various reasons, eat away from home, either at work or in restaurants during leisure or during vacations. It is therefore of great importance that professionals in the sector work properly to ensure all aspects of quality of its offer, both sensory and nutritional and hygienic. They must be able to treat food and beverages properly at all stages of the food chain in which they intervene.

The Framework subject collects all the chapters that have to do with the framework of your job, especially **food safety, kitchen management and occupational hygiene**.

These sessions will enable you to:

- To achieve that, as a student, at the end of your studies, you will be able to assume the responsibility that corresponds to you in the **fulfillment of the food safety criteria**.
- To have guidelines to carry out the design and management of any type of kitchen through the prism of hygiene.
- Acquire the ability to organize the self-control of your company, applying all the modern means available to ensure the service of safe food to your customers.
- **To visualize the importance of the establishment's design** in order to apply the knowledge acquired from the point of view of hygienic production and ergonomic organization of the space.
- To acquire the basic knowledge to carry out an adequate economic control for each type of business.

## **FUTURE**

**The future is everything that is to occur and is uncertain by nature.** No one can predict, with certainty, the distant or medium-term future. Various scenarios can be assumed, but they are always subject to the chaos of intermediate vicissitudes. However, the future is predictable in proportion to the temporal distance of such prediction, the more distant, the more inaccurate. And predictions must always be made on the basis of concrete facts, empirical data and hard evidence.

This subject tries to present probable scenarios in more or less distant times. These scenarios show us settings related to gastronomy, the restaurant business and society in general, including cultural and economic aspects, always within the scope of the culinary world. These sessions, led by experts in the field, will allow you to discover **and learn about a world different from the one you know**.

They will give you a great competitive advantage over others.

- **To bring you closer to that future**, to prepare you in advance and to be able to direct your gaze towards it with more propriety than those who did not have the opportunity to know it beforehand, assuming a role of advantage over your competitors.
- Appreciate and value both the need to train in the acquisition of new knowledge through continuous training and to **develop the new skills that these scenarios** will require and enhance the attitudes associated with them to increase your chances of success.
- Stay ahead of future trends **and have access to privileged information well before others**.
- **Provide networking and collaboration opportunities** that could lead to future job opportunities or professional development.
- **Acquire a curious attitude** towards current events in order to get closer to the future.

HOURS	SESSIONS	FORMAT
		
18	9	P

By:  
Lluís Riera, Gabriel Durán, Clara Pallarès

HOURS	SESSIONS	FORMAT
		
8	2	P

By:  
Patricia Jurado  
Invited Guests



# LATERAL SKILLS DEVELOPMENT

120 HOURS

Undoubtedly, we cannot achieve ambitious goals without having the personal skills to help us push our teams in the same direction.

In a kitchen, it is not only necessary to master culinary techniques, but also to work as part of a team, to lead people and to manage business operations.

According to Forbes, the most important skills for the current and future job market are the lateral ones. That's why this kind of training is one of the most demanded recently.

Be good professionals, yes. But also good people.

20 SESSIONS

## MANAGE YOURSELF

This module combines three critical areas for a complete and successful chef. "Creativity Bootcamp" unlocks innovation and deep learning. "Efficient Communication" enhances presentation skills and audience connection. And "Mental Health," taught by the Guttman Institute, promotes resilience and emotional health.

HOURS	SESSIONS	FORMAT
72	9	W

## MANAGE OTHERS

This module focuses on managing others, teaching students to collaborate in a diverse and dynamic culinary environment. This training promotes the development of interpersonal skills, building a culture of cooperation and respect, and embracing diversity.

HOURS	SESSIONS	FORMAT
6	1	W

## MANAGE THE BUSINESS

This module trains students in the effective management of a culinary business. "Decision Making" teaches how to make strategic decisions, optimizing resources and mitigating risks. "Targeted Communication" emphasizes the power of storytelling to build a strong brand, communicate core values, generate emotional connections and attract investment.

HOURS	SESSIONS	FORMAT
42	10	W



# Manage YOURSELF

By: Eduard Bosch  
Gonzalo Hermo  
Instituto Guttmann  
Javier Blasco  
Jordi Gràcia  
Jordi Reixach  
Maite Vallet



## CREATIVITY BOOTCAMP

We are increasingly aware that we live in a changing and fast-paced environment, which some refer to as V.U.C.A., i.e. volatile, uncertain, complex and ambiguous. While this dynamism does not affect all sectors equally, all sectors are affected by these dynamics.

The World Economic Forum says that in 2027 creativity will be the first most valued skill in the professional environment. In 2023 it was the second. We could say that creativity is related to the generation of ideas, while innovation refers to the creation of value, by transforming ideas into results. Innovative companies are almost always led by innovative leaders. Therefore, if we want innovation, we need leaders who value creativity (and innovation) and are able to create the circumstances for it to flourish.

In this sequence of workshops we will work **to identify and enhance your creative skills** so that you can **become an innovative leader and empower the team you lead**.

- **Stimulating Creativity:** This intense Bootcamp allows students to fully immerse themselves in the creative process. Facilitators provide tools and techniques to unlock creativity and innovation.
- **Experiential Learning:** The intensity of the Bootcamp fosters deep and lasting learning. The constant and direct experience can trigger insights and understandings that may not emerge in a more traditional learning environment.
- **Expanding perspectives:** Led by experienced professionals from El Bullilab and Rocalab, the Bootcamp exposes you to revolutionary ideas and methods in gastronomy, expanding your perspective of what is possible in the kitchen.
- **Personal Development:** This type of intensive experience can also foster your personal growth, helping you to overcome barriers, increase your confidence and strengthen your adaptability and resilience.



## EFFICIENT COMMUNICATION

These are sessions in which you will develop skills that will help you improve your communication skills and prepare you for an open world where knowing how to express yourself with words, gestures and image is extremely important to get what you want.

Effective communication requires training in active listening, asking powerful questions, constructive feedback and building trusting relationships. The goal is **to develop criteria to be able to adapt your communication to each situation**.

Efficient communication sessions work to overcome challenges at both personal and professional levels.

- **Presentation and Aesthetics:** We know that the visual appearance of a dish can significantly influence taste perception and customer satisfaction. Presenting dishes in an attractive and stimulating way is closely related to color psychology and food photography.
- **Connecting with the Audience:** Whether connecting with customers, suppliers or others, and whether in front of or behind the camera, working on the ability to communicate effectively is an increasingly important skill in the digital age.
- **Communicating Ideas:** The crafting of messages and the effective use of your voice can help communicate ideas and concepts clearly and persuasively, whether explaining a menu to a customer or presenting a new idea to a kitchen team.
- **Personal Branding and Promotion:** In an increasingly connected and visual world, being able to effectively capture and share the essence of food and the dining experience can make all the difference in a chef's or restaurant's success.
- **Hold Attention:** Communicating clearly and concisely and using the quadrants of paraverbal language makes it easier to hold attention, spark interest and increase desire. That necessary charisma also allows for a greater ability to persuade and make decisions.

HOURS



48

SESSIONS



2

FORMAT



W

By:  
Jordi Reixach

HOURS



30

SESSIONS



6

FORMATS



W

By:  
Javier Blasco, Maite  
Vallet, Jordi García, y  
Gonzalo Hermo

# Manage YOURSELF



## MENTAL HEALTH

The search for emotional well-being and the necessary balance to face the challenges of everyday life are part of the concerns of many people. It is important to **understand what are the basic pillars that make up our emotional well-being and what we can do to improve it.** In addition, **the culinary field is an environment especially susceptible to stress,** as well as to the abuse of different types of substances, which makes it a vulnerable environment to different emotional and behavioral management difficulties.

This subject aims to train you on emotional well-being, to give you as a student the tools to identify patterns of behavioral and emotional management, and to give you guidelines and strategies to manage them in a healthy way on a daily basis, emphasizing stress. In addition, it aims to present a scenario of common patterns of behavioral and emotional management that can be found in the culinary world, giving space to talk about substance abuse. It is intended to **provide psychoeducation on patterns of consumption, abuse and addiction, as well as in a general way to give information on the effect of different substances;** all this with the aim that you will be able to identify the warning signs and find healthy solutions and alternative strategies.

Finally, it is intended that you can apply these individual strategies with your peer group and generalize them to improve group cohesion, conflict management, and empathy.

- **Understand what emotional well-being is:** The kitchen can be a high-pressure environment. Identify what types of coping patterns you have when faced with stressful situations, have tools to identify them and be able to manage them in a healthy way.
- **Resilience:** Learning coping strategies can help individuals become more resilient, allowing them to recover more quickly and adapt better to challenges.
- **Preventing mental illness:** Mental health training can help prevent disorders such as depression and anxiety by providing tools to identify and manage symptoms before they become a serious problem.
- **Promoting overall wellness:** Being able to identify different unhealthy patterns in the culinary environment and being able to find healthy solutions to manage them. A healthy mental state can contribute to overall well-being, increasing personal and job satisfaction, improving interpersonal relationships and promoting more effective work performance.
- **Differentiate between abuse and addiction:** Understand what withdrawal is and the effect different substances have on the body.

HOURS



6

SESSIONS



2

FORMAT



W

By:  
Instituto Guttmann

# Manage OTHERS

By: Maitte Vallet



## TEAMWORK

Every organization is fundamentally a team made up of its members. From its inception, the basic agreement established by its members is to work together, either through groups that are initially formed and can later evolve into a group that truly works as a team. These teams define the strategies, procedures and methodologies used by their members to achieve high-level goals. This is why it is necessary to identify the basic elements to achieve "teamwork".

To achieve a better understanding of teamwork, we will review the definition of what a group is and the factors that affect group dynamics, as well as the identification of the individual goals of group members, attitudes, barriers and the functioning of the teamwork.

Today's professional kitchens require people who know how to coordinate and respect each other because never before has teamwork been so important. In these sessions **you will understand how high performance teams work and how to manage them efficiently**. But a leader is also a person who is followed because he is trusted. So, in this course you will learn **how to build trust in your people so you can lead high-performance teams effectively**.

- **Collaboration:** The kitchen is a collaborative work environment par excellence, where all members must coordinate efficiently to prepare and serve dishes in a timely and high quality manner.
- **Interpersonal Skills:** Teamwork promotes the development of interpersonal skills, such as communication, negotiation, conflict resolution and the ability to get others to trust you. You will learn to identify the characteristics of teamwork communication and the barriers that affect it through individual reflection.
- **Organizational Culture:** Fostering a teamwork environment can help create a culture of cooperation and mutual respect in the kitchen. This can lead to greater commitment and job satisfaction.
- **Diversity and Inclusion:** In an environment as heterogeneous as the CIB, teamwork can help you appreciate diversity and learn how to take advantage of it to improve the creativity and quality of your work.

HOURS



6

SESSION



1

FORMATO



W

By:  
Maitte Vallet

Manage

# BUSINESS

Por: Daniel Resnich  
David Cuadrado  
Antonia Cerrudo  
Eduard Àvila  
Beatriz Martín  
Ferran Fisas  
Jorge Vazquez



## DECISION MAKING

Before making a decision, when we focus our attention on a problem, we may have some inefficiencies in the system. Many of them are known: the influence of emotions, impulsive thinking..., but others go unnoticed because, since our childhood, we have been taught to think this way. Among them, ANLICO (Analytical-Linear-Convergent) thinking stands out, which limits us from **making correct decisions**.

These sessions expose how this thinking works and provide ideas and methods to eliminate or reduce its negative influence.

- **To know our personal style** of analysis and treatment of information.
- To obtain a method that systematizes the order of thought to reduce the pernicious effect of the construct. **ANLICO: The House Problem Solving Method**.
- **To become aware of the functioning** of the ANLICO construct as a distorting key to the thinking model that limits global, lateral (creative) and divergent approaches to decision making.



## DIRECT COMMUNICATION

It is not enough to have a good product to convince the market; it is necessary to sell it by associating it with values, provoking emotions and contextualizing it in a specific scenario. And this is done through a parallel story that we call **storytelling**.

- **Storytelling construction:** Demonstrate that storytelling conditions the perception of products. Knowing how to build a story based on the values to be shown and knowing how to select the emotions to be provoked in order to build a story associated with a specific gastronomic proposal.
- **Value Communication:** Stories can effectively communicate the value and uniqueness of products or services. In the case of gastronomy, they can help convey the quality of the ingredients, the skill in the preparation of the food, and the unique experience offered by the restaurant.
- **Emotional Connection:** Storytelling can generate an emotional connection with the audience, which can lead to increased loyalty and repeat purchases. Stories can make customers feel more involved and engaged with the product.
- **Investment Attraction:** A well-told story can be persuasive to potential investors. It can demonstrate the vision and ambition of the business, and convince investors that it is worth investing in.

HOURS



6

SESSIONS



1

FORMAT



W

By:  
David Cuadrado

HOURS



12

SESSIONS



2

FORMAT



W

By:  
Antonia Cerrudo  
Daniel Resnich

# Manage BUSINESS



## BUSINESS DESIGN AND MANAGEMENT

A restaurant business without efficient management is doomed to fail. And that means management in areas such as kitchen design, procurement, business economics and emerging technology.

Business design and management are the cornerstone to ensure the long-term viability of the project, especially in the dizzying world of the restaurant industry. In an environment where competition is fierce and trends are constantly changing, a solid and adaptable plan is necessary to stay afloat.

A well-designed restaurant will not only attract customers, but will also optimize internal processes, lower costs and increase operational efficiency. It will be a smart management of resources, both human and material, that will allow us to adapt quickly in a context where new technologies and artificial intelligence are already a reality in the gastronomy sector.

Facing the challenges of the modern culinary world requires solid skills and creativity, also for management skills. Only those who understand the importance of strategic planning and technological innovation will be able to ensure the long-term viability and success of their business in the restaurant industry.

- **Master the principles of kitchen design** and its application in the efficient organization of a gastronomic business.
- Physically organize a business, select suppliers, and negotiate favorable terms.
- Develop skills to manage the purchase of raw materials and **optimize the supply chain to minimize waste.**
- Learn advanced sourcing management strategies and economic analysis tailored to each type of food business.
- **Explore and apply generative Artificial Intelligence in culinary creativity.**
- Apply economic analysis strategies, such as the Menu Engineering model, to maximize the profitability of the dishes offered in the gastronomic business.
- Become familiar with different recipe formats and data sheets adapted for use in professional environments, using advanced digital tools.

HOURS



24

SESSIONS



7

FORMATS



W

By:  
Eduard Àvila, Beatriz  
Martín, Ferran Fisas,  
Jorge Vázquez



# ATTITUDINAL EMPOWERMENT

75  
HOURS

19  
SESSIONS

The "Attitudinal Empowerment" area focuses on cultivating the attitudes necessary to lead in the culinary industry: developing skills to face business challenges, managing interpersonal relationships, improvising effectively, and overcoming stage fright. This holistic approach strengthens leadership capabilities, fosters a socially conscious mindset, and promotes resilient professional conduct. Achieving success in any culinary venture and growing as a professional and leader in the industry is guaranteed with the right attitude.

## LEADERSHIP ATTITUDES

The most recognized chefs are those who also stand out for their leadership skills. That is why students learn about the value of trust and how to enhance it in their teams through personal experiences and those of others. We invite leaders who have overcome significant personal and professional challenges in the culinary world to provide a realistic and motivating vision and to stimulate a paradigm shift in the sector.

HOURS	SESSIONS	FORMAT
12	2	P

## SOCIAL ATTITUDES

Improvisation and learning through mistakes bring us closer to mastering adaptability. This subject delves into the culture, norms, and values of the CIB, preparing students for the constant change and evolution of the culinary industry. These are motivating and impactful sessions where students learn to handle challenges, accept mistakes as part of growth, and foster creativity.

HOURS	SESSIONS	FORMAT
21	10	W

## PROFESSIONAL ATTITUDES

Practical experiences with food producers provide an understanding of the food chain from production to commercialization, with special emphasis on ethical responsibility and the importance of each ingredient. Experiencing it firsthand allows you to connect with the origin of the food, fostering greater respect for raw materials and serving as a source of inspiration for your creativity in the kitchen.

HOURS	SESSIONS	FORMAT
42	7	E



# LEADERSHIP

## Attitudes

By: Maité Vallet  
Pep Nogué



### LEADERSHIP

The ability of a chef to guide their team, lead effectively, and generate sufficient trust among their colleagues is not a genuine trait but the result of a personal growth process.

Working to become the best version of oneself is the first step. Leadership sessions are a treasure chest of tools and methods to acquire and train one's own skills and to sustain human teams through active leadership.

- **Effective Collaboration:** Trust facilitates effective collaboration among team members. When team members trust their leader, they are more willing to share ideas, take on responsibilities, and work together towards common goals.
- **Stress and Conflict Reduction:** Trust-based leadership can reduce stress and conflicts within the team. Team members feel safer and less threatened in an environment where trust is high.
- **Increased Productivity:** Teams that trust their leaders tend to be more productive. Trust can lead to greater engagement, job satisfaction, and a willingness to go the extra mile.
- **Staff Retention:** Leaders whom employees trust are more capable of retaining talented staff. Employees who trust their leaders are more likely to stay with the organization and remain committed to their work.



### REAL LIFE

The best way to learn is through emotions. And there is nothing like people to make us feel emotional. Real Life is the opportunity to listen to and learn from real people who have overcome personal and professional challenges, stimulating awareness of change and a growth mindset in the restaurant industry.

- **Inspiration and Motivation:** Learning about real cases of people who have overcome personal and professional challenges is inspiring and motivating. With this, we manage to foster a resilient attitude and a growth mindset in students.
- **Learning from Mistakes:** Both successes and failures generate vital learnings. By learning from the mistakes and experiences of others, we will avoid falling into the same traps by adopting strategies to overcome obstacles.
- **Understanding Reality:** Only with a realistic view of the culinary world and the challenges it entails can we face them with a positive and resolute attitude.
- **Development of Self-Leadership:** Stories of self-leadership can help you develop your capacity for self-control, self-discipline, and self-motivation.
- **Paradigm Shift:** Poor management of resources or people are inherent problems in the restaurant world. But with problems come solutions. It is an opportunity to encourage students to seek innovative and sustainable ways to run a culinary business.

HOURS	SESSIONS	FORMAT
6	1	P

By: Maité Vallet

HOURS	SESSIONS	FORMAT
6	1	P

By: Pep Nogué & Guests

# SOCIAL

## Attitudes

By: Ferran Fisas  
 Francesc Balagué  
 Ona Mundó  
 Josep Gala  
 Pep Nogué  
 Martha García  
 Staff CIB



## CIB SPECIALS

These sessions share a common element of surprise, so students attend them without prior motivation. **They promote adaptability and learning through mistakes**, preparing students for the dynamism of the culinary industry with motivating practical experiences.

- **Culture and Values:** The CIB puts great emphasis on culture, norms, and values, and these sessions allow students to understand and internalize these elements. By doing so, as a student, you will be able to work more effectively within the organization and carry these values into your future roles.
- **Acceptance of Change:** The culinary industry is always in constant change and evolution, so it is necessary to learn to adapt and accept change. These sessions can help you lose the fear of change and see it as an opportunity rather than an obstacle.
- **Improvisation:** The ability to improvise allows us to adapt to problems and challenges that may arise without prior notice. By fostering improvisation, these sessions can help students think quickly and find creative solutions to problems.
- **Acceptance of Mistakes:** Mistakes should be accepted as learning opportunities and should not cause you shame or guilt, nor should you be punished for them. It is necessary to learn to see mistakes as a natural and necessary part of the learning process.
- **Motivation and impactful emotions:** As these are emotionally charged sessions, they can motivate you in order to create a deeper and more memorable learning experience. This emotional experience will allow you to connect more deeply with the material and retain what you have learned.

HOURS



21

SESSIONS



4

FORMAT



P

By: Ferran Fisas, Francesc Balagué, Ona Mundó, Martha García, Pep Nogué & Staff CIB

# PROFESSIONAL

## Attitudes

By: Pep Nogué  
Professional Guests  
CIB Staff

### EXPLORER

The "Explorer" sessions are held outside the CIB and can last all day. In these sessions, you will participate in educational activities through real-life experiences that will allow you to **connect with the origin of food**, understand its production, promote ethical responsibility, and stimulate culinary creativity.

Their mission is to **bring you closer to the reality of the entire value chain** and do so in a way that fosters specific attitudes towards sustainability, environmentalism, and respect for the environment while you learn to love the product.

- **Connecting to the source:** Students gain a deeper understanding and appreciation for food by directly meeting producers and seeing how ingredients are raised and grown. This promotes greater appreciation and respect for raw materials.
- **Education on the Food Chain:** This experience provides students with valuable knowledge about the entire food chain process, from production to commercialization. It is important for future chefs to understand this process to make informed choices in their kitchens.
- **First-hand experience:** Experiential learning is a powerful form of education. By interacting directly with producers, students can learn in a deeper and more lasting way about the importance of each step in food production.
- **Ethical responsibility:** By facing the reality of animal exploitation and slaughter, students can develop an awareness and judgment about their responsibility as chefs. This can lead them to make more ethical and sustainable decisions in their future culinary practices.
- **Inspiration for creativity:** Knowing the origin and processes behind each ingredient can inspire students to create dishes that celebrate and highlight these ingredients, enhancing their creativity in the kitchen.

HOURS



42

SESSIONS



7

FORMAT



E

By:  
Pep Nogué,  
Invited Guests  
Staff CIB



# RECOGNITION OF POSSIBILITIES

We call the realm of possibilities the ability to know oneself and to recognize the environment. At the CIB, we address this area transversally and put it into practice through the Challenges, our evaluation system.

When we designed the CIB, we already determined that the evaluation systems based on individual subject matters were neither useful nor close to the reality of the professional world. People, in their jobs, are not judged by their degree of expertise in a given function, but by their global capacity, by the whole, by their global intelligence rather than by their specific intelligence.

Almost all evaluations are group evaluations, with several components in each team. The work of a kitchen is a team effort and the restaurant will be judged by its customers not by the individuality of the chef, but by the result of the team including the chef.

The evaluation must be useful and must contain a motivational factor (am I capable of surpassing myself?) and a visualization component towards the goal (how close am I to my own goal?), providing an extraordinary level of self-knowledge.

90 HOURS

9 SESSIONS

## CHALLENGES

It is a fundamental subject that promotes self-awareness, empathy, practical application of knowledge, teamwork and an enriching evaluation, allowing students to demonstrate their learning in an effective and exciting way.

HOURS

98

SESSIONS

11

FORMAT

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CKS:  
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cerdo cebolla frijoles  
leche huevos  
Miel Greece Latin  
olives/evoo Binds  
cereales

entr.  
especias + carne  
curry

3 Ensalada Griega  
w/ Med Spices  
-olives, cheese

4

MANTECILLA  
caldos  
MAYONA  
azúcar  
Nuts  
leche  
PATATA  
trigo  
ARBOR  
trigo  
PATATA  
MA

MAIN  
SAISAS + BUTTER/PATA

5 CEREALS

6 FISH (PESCUO)



By: All the CIB teaching staff

# Recognition of POSSIBILITIES



## CHALLENGE

**The Challenge is our unique form of evaluation.** You will have to overcome challenges that force you to know your limits and those of your team, to investigate your environment, and to present solutions using all the acquired knowledge, your skills and your best attitudes.

Each assessment subject always has a defined objective, and attention must be paid to ensure that they contain the appropriate taxonomic congruence (know, understand, apply, analyze, evaluate or create) according to the case presented in each one of the Challenges. The taxonomic levels of the objectives, reflected in the rubrics, will vary according to the challenge that is proposed to you and they will increase as the course progresses.

From your point of view as a student, the Challenge is not just the assessment but the test you undergo to practice what you love the most. It is the scenario where you will test yourself and where you have the opportunity to demonstrate how much you have evolved. During the Challenges, problems may arise in the team, and it will be your responsibility to solve them.

**At the CIB, the best day of the month is always the Challenge day.**

- **Self-knowledge:** Through the challenges and activities, as a student you have the opportunity to develop a greater self-knowledge by identifying your strengths, weaknesses and areas for growth.
- **Empathy and awareness:** By facing real or close-to-reality cases, as a student you can develop empathy towards the problems and challenges faced by others. This fosters greater social awareness and a more humane approach to your culinary approach.
- **Practical application of knowledge:** The challenges provide the opportunity to apply in a practical way everything you have learned during the course. You will have to use your knowledge, skills and resources to solve real problems, which will strengthen your critical thinking skills and creativity.
- **Teamwork:** By doing the challenges in a team, collaborative work and communication skills are fostered among your classmates. This replicates the environment of a professional kitchen, where effective collaboration is key.
- **Enriching assessment:** The challenge-based assessment approach provides you with an exciting and motivating assessment experience, as you can demonstrate your full potential and creativity in a limited but open problem-solving environment.

HOURS



90

SESIONS



9

FORMAT



T  
A

By:  
All the CIB teaching  
staff



# TRANSVERSAL

## APPLICATION

520 HOURS

The Internship subject will take place at the end of your 8-month lective PCAC program and will provide you with real-world, hands-on experience in the culinary industry. It will allow you to learn from outstanding chefs, expand your culinary skills and receive follow-up and support during your experience. It is a unique opportunity to develop a solid foundation and apply your acquired knowledge, preparing you for a successful career in the culinary world.

You can choose between a 3-month (520 hours) or 6-month (1040 hours) internship period.

HOURS	SESSIONS	FORMAT
520	48	T



# TRANSVERSAL

## Application

By: You

### CIB INTERSHIP PROGRAM

The main mission of the internship period in restaurants, the stage, is to show students the reality of a professional kitchen. At the CIB, we seek restaurants and chefs who commit to providing a formative experience as part of the student's curricular continuity.

- **Real hands-on experience:** During the Internship, students have the opportunity to apply and consolidate the knowledge and skills acquired in a real working environment. This allows them to experience first-hand the challenges and dynamics of the culinary industry.
- **Learning in real-life conditions:** By working alongside experienced chefs in renowned establishments, students are immersed in a professional environment and have the opportunity to learn from the best. This gives them an invaluable perspective and allows them to refine their culinary skills and techniques.
- **Holistic learning:** The internship complements the theoretical and practical training at the CIB by providing a complete experience, covering various areas of specialization in a restaurant. Students can familiarize themselves with different items and specialties, broadening their culinary knowledge and skills.
- **Follow-up and support:** Regular follow-up by the CIB with both students and establishments ensures constant support during the Internship. This helps students face real challenges and make the most of their learning experience, ensuring continuous growth and an enriching learning environment.

### High-level restaurants with the CIB accreditation

At the CIB we go a little further than what is normally established as the standard for professional internships. We choose the restaurants one by one because we submit them to rigorous evaluation criteria before, during and after the internship in order to measure their capacity and commitment to make sure that this internship is compatible and considered part of the training of the student executing it.

- **1 out of 3 restaurants have a Michelin Star award:** +200 international internship agreements.
- **Top 10 most requested restaurants with available spots:** Disfrutar, El Celler de Can Roca, Mugaritz, Noma, Xavier Pellicer, Lasarte, Berbena, Aürt, Les Cols and Moments.
- **The gastronomic category that best suits your style:** different avant-garde cuisines, signature cuisine, Catalan cuisine, meat bar, fusion cuisine, vegetable cuisine, traditional cuisine, sea cuisine, market cuisine, banquet cuisine and street food, creative cuisine and many more.
- **The restaurants value the CIBers very positively:** During the stages, the chefs highlight the CIBers' quick adaptation to changes, their mastery of lateral skills and their attitude and passion for learning and improving.

HOURS

520

FORMAT



T

# PROGRAM START

32 HOURS

16 additional, free and voluntary sessions for the PCAC program, so that you can catch up and practice in our kitchens everything you have learned.

16 SESSIONS

START is the reinforcement program for those CIB students who need extra help.

In case you need it, it will help you improve and perfect your culinary basics. Two days during nine weeks, you will have the opportunity, completely free of charge, to extend your teaching hours in the kitchen and, therefore, cook and practice the techniques learned in the training sessions.

HOURS	SESSIONS	FORMAT
32	16	T



being  
**CIBer**

united by friendship and a common life experience



wanna  
CIBer  
CIB

CIB

CIB  
Jordi Farrès  
STIVEN CHAMPION

# The CIBer core values

The CIBers, this is how the graduates of the Culinary Institute of Barcelona (CIB) are called, are recognized for their commitment to the core attitudes and values of the institute. These values are responsibility, transcendence, courage and discipline. Being a CIBer implies living by these values consistently.

The CIBer shirt is a symbol of recognition and pride for CIB students. Earning this shirt means embracing and living the values and attitudes that define CIBers. Being a CIBer is more than just an identification, it is a way of life committed to excellence, collaboration and personal and professional growth in the culinary field.

## **RESPONSABILITY**

CIBers take responsibility for their actions and decisions. They are aware of their impact on the culinary industry and strive to act in an ethical and sustainable manner. They fulfill their commitments and obligations, demonstrating professionalism at all times.

## **TRANSCENDENCE**

CIBers seek collective significance beyond personal success. They work in teams, collaborate with other students and industry professionals, and strive to achieve shared goals. Their focus is on contributing to the overall growth and development of the culinary community.

## **COURAGE**

CIBers are courageous and willing to take risks to achieve their goals. They do not settle for mediocrity and challenge themselves to push boundaries. They are willing to try new techniques, explore innovative flavors and face challenges with determination.

## **DISCIPLINE**

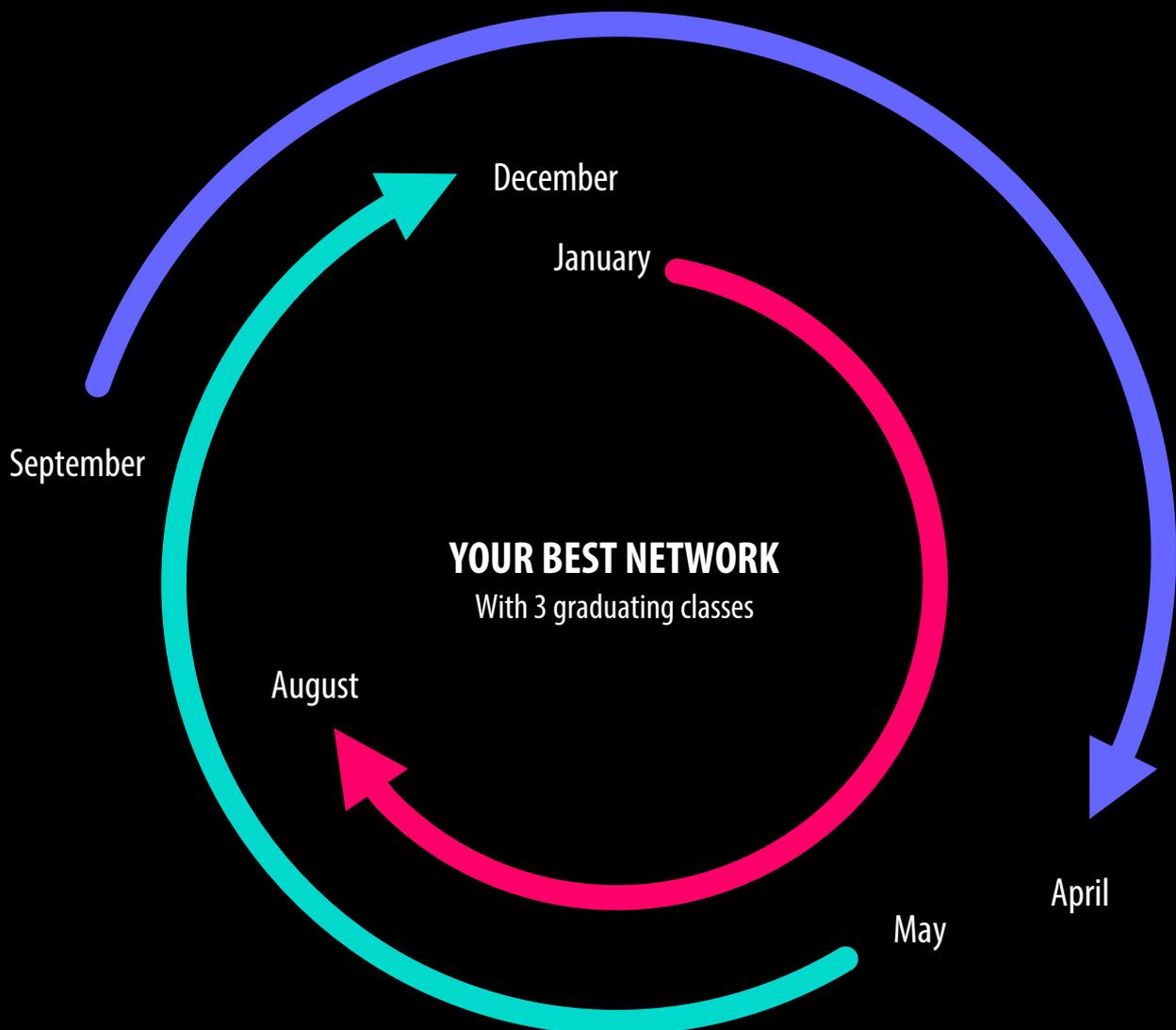
CIBers are disciplined and committed to their culinary training. They fulfill their academic and social obligations, demonstrating dedication and perseverance. Discipline enables them to maintain high quality standards in their work and prepares them for a successful career in the culinary industry.

# I'm CIBer

1. We are guided by our values (Responsibility, Courage, Transcendence and Discipline) and live them consistently.
2. We risk to win.
3. We set shared goals.
4. We never give up, make excuses or give up on our dream.
5. We take care of others and ourselves.
6. We know how important maintenance is as a structure.
7. We are disciplined, we fulfill our tasks and our social obligations.
8. We seek collective transcendence before personal success.

# CIBer Alumni Network

United by passion, driven by change. At the CIB, students from all corners of the world come together to be the protagonists of a culinary revolution without borders.



The PCAC takes place 3 times a year. It consists of 8 school months + the 3 or 6 months of stage.

The programs start in January, May and September, so you will have the opportunity to meet 3 consecutive groups and establish contact and friendships with many people from all over the world who have the same passion as you.

# Age is just a number to become a CIber

Life expectancy is so long that there is already enough time to live two or three lifetimes. It is never too late to fulfill your dream and never too early to change the world.



18-23

24-29

30-34

35-40

41-50

51-60

61 o más



15%



24%



24%



21%



11%



4%



1%

Average Age

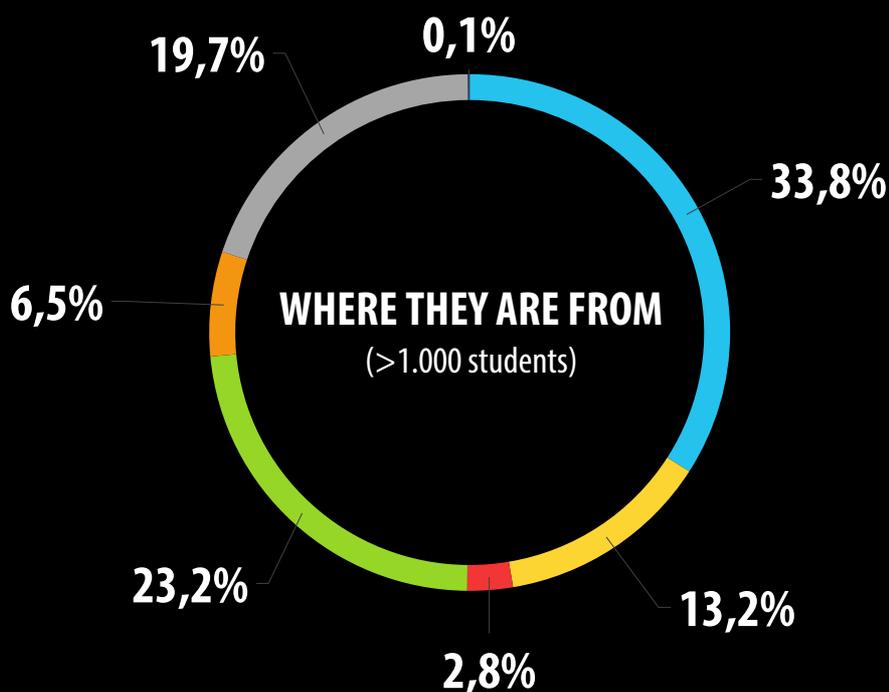
27.5

Gender equality

50%  
↑  
+

# A world getting smaller

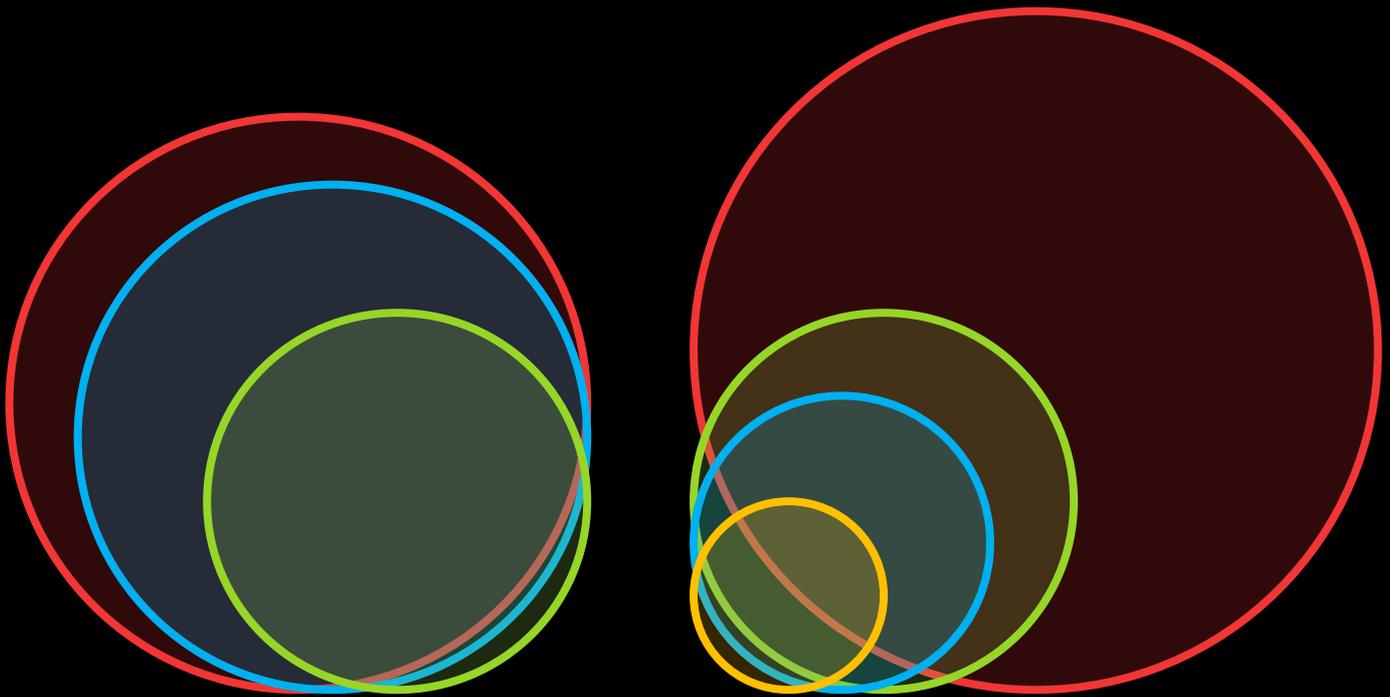
The world is round, full of people and it is yours.



■ Europe ■ Asia ■ Africa ■ North America ■ Central America ■ South America ■ Oceania & Pacific

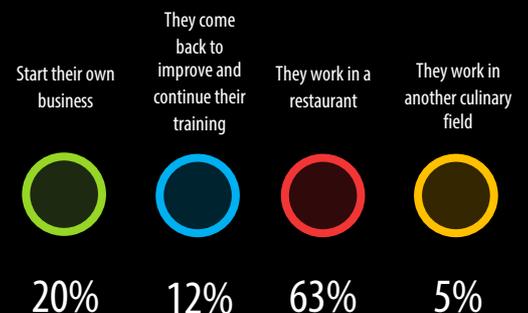
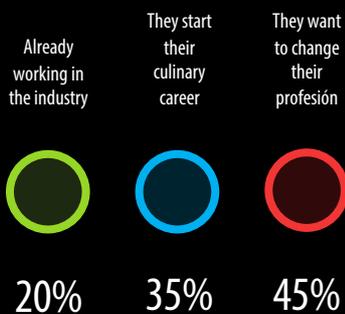
# I choose my dream

Entrepreneurship is part of CIB's DNA



When they get to the CIB

What do students do two years after completing their studies at the CIB?



# Who will I meet at the CIB?

*We have become the epicenter of international networking*



CIBERS

**1008**

Students\* since we opened the doors of the CIB in 2019.

\*As of June 3rd, 2024.

COUNTRIES

**90**

The CIB is diverse, multicultural and international.

PROFESSIONALS

**+200**

Among chefs, teachers and staff for a great network

CONTINUITY

**27%**

Of our students enroll in other courses while studying at the CIB

**The CIB is much more than a school.** It is an international exchange center where people from all cultures converge with a common passion and a common goal.

Our students are bold, enterprising and think outside the box. More than 90 nations are represented in our classrooms, and **the common language is always gastronomy, good humor and respect for new and old ideas.**

You'll establish a network of peer-to-peer contacts with your fellow students and with the chefs. And during your time at the CIB **you will create personal and professional bonds that will last a lifetime.**

**The CIB is an ecosystem of opportunities.**

# I want a CIBer

Welcome to the professional world

After completing your training, the doors will open to a world full of job opportunities. **At the CIB we have a Job Board called “I want a CIBer” in which we receive applications exclusively for CIBer profiles.**

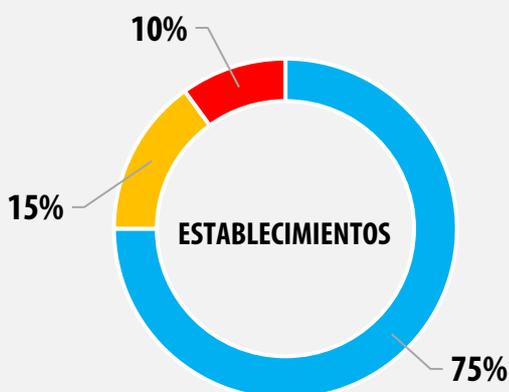
Training at the CIB is focused on entrepreneurship and on empowering students with the necessary skills to start their own project. CIBers are leaders perfectly trained to manage their own initiatives.

But we also know that to reach this goal it is positive to have work experiences that provide you with new knowledge and a valuable professional background.

For this reason, we filter the offers in the Job Board one by one to ensure that they are jobs that do not present abusive conditions or poor remuneration.

However, your professional success will depend exclusively on you, on what you are able to absorb and show in the CIB, as well as in your private and professional life.

The CIB is the best launching platform there is, but the driver of that ship to success is yourself. Take 100% advantage of it.



■ Restaurantes ■ Hoteles ■ Otros



■ Cocina ■ Sala ■ Gestión ■ Otros ■ I+D



**Yes!**

**I wanna be CIber**



*I'm CIBer*

# Who do we choose to be a CIBer?

At the Culinary Institute of Barcelona (CIB), it's not just about what you've done in the past, but what you're willing to build for the future. Here, we value not only individual achievement, but also the desire to contribute to a better world for everyone. We do not select our students based on their resumes, but on their self-leadership attitudes, cognitive qualities and entrepreneurial character.

At the CIB, we believe in the idea that individual success only takes on full meaning when it is shared with others. We look for those who not only strive to achieve their own goals, but who are also committed to the collective well-being and to building a more fair and equitable future.

We value our students' entrepreneurial spirit and their willingness to become a leader in the gastronomic field. We value their ability to take bold initiatives and to make a difference in their communities.

We encourage creative thinking and the search for innovative solutions to today's challenges, with the conviction that every small contribution can make a big impact on the world.

We look for students who are willing to learn and grow, who have an open mind and the curiosity to explore new ideas and perspectives. We provide them with the tools they need to become visionary leaders, capable of tackling global problems with understanding and empathy.

Our focus is not only on academic excellence, but also on the development of ethical character and a sense of responsibility towards others.

We value cultural diversity and inclusion, recognizing that only through mutual respect and collaboration can we build a more harmonious and equitable world.

At the CIB, we believe in the transformative power of education and the ability of each individual to make a difference. Our goal is to cultivate a community of inspired leaders committed to service and transcendent purpose. Together, we can build a future where success is measured not only by what we have accomplished individually, but by how we have positively impacted the lives of others.

If we chose you to be part of the CIBers family, it's because we saw in you the attitude it takes to go above and beyond.

It's because you are driven by the future and want to be part of the change. Because you are prepared to learn and to make mistakes along the way. And you face this challenge without fear of change and without fear of error.

If we chose you, it is because you are willing to live an educational experience unlike anything you have ever lived before. And because we believe in the power of education to transform lives and change the world.

If you choose us, it's for a reason.

# Admission process

A different way of doing things

*I think I would be interested in receiving more information about this school and the programs it offers.*

1

Evaluation of motivation and cognitive alignment

Through conversations with student advisors and reading the methodology book #CookingTomorrow.



*I know I wanna be a CIBer, what program I want to take and when to start.*

2

Reevaluation of motivation and cognitive alignment. Perspective on the past, present, and future, core values, and life experiences. Tell us why you have what it takes to be a CIBer.

A través del formulario de admisión



*I am willing to start the enrollment process and I am aware of the conditions and requirements. And I accept them.*

3

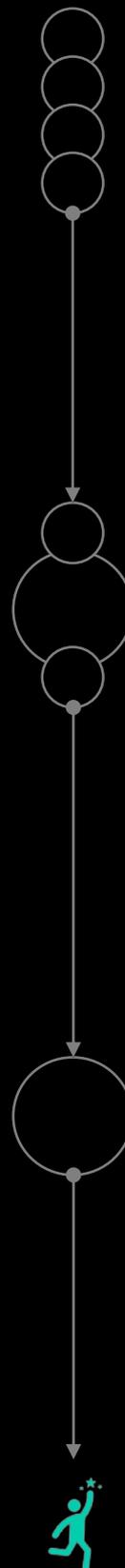
Attitudinal evaluation, cognition, motivation, understanding and level of commitment to the school and its methodology, ability to interact, and group assignment.

Through online interviews with the acceptance committee



If the result is optimal, the Acceptance Committee will consider your application the following Monday after your evaluation interview and you will receive in your mail the result of their decision. If it is positive, you will find in the same document the instructions for enrollment.

## Enrollment!



**Don't stop  
your dream!**

## I want to start

		HOURS	WEEKS	SCHEDULE
<b>PCAC</b>	For those who have a creative and innovative vision of the future and want to turn their love for everything related to the culinary world into a profession.	1326	29 + 13	Monday to Friday 08:00AM to 02:00PM Starts every January, May and September
<b>PEC-D1</b>	For the next generation of professionals who want to learn pastry, confectionery, chocolate and complete their chef training or enter the world of sweet cuisine of the 21st century. The first level of our pastry courses.	230	12	Monday to Wednesday or Thursday to Saturday 08:00AM to 02:00PM or 3:00PM to 9:00PM Starts every January, May and September

## I want to specialize

		HOURS	WEEKS	SCHEDULE
<b>PEC-D2</b>	For cooking and pastry professionals who wish to take their career to new heights and specialize in order to reinterpret the world of pastry and chocolate in the 21st century. The second level of our pastry courses.	230	12	Monday to Wednesday 08:00AM to 02:00PM or 3:00PM to 9:00PM Starts every January, May and September
<b>PEC-T</b>	Molecular cooking, fire and low temperatures. Take your culinary career to the next level by mastering cutting-edge culinary techniques and technologies.	330	12	Tuesday to Saturday 08:00AM to 02:00PM and some evenings Starts every January, May and punctually in September.
<b>PEC-H</b>	For people, chefs and professionals in the nutritional field who want to integrate health into the gastronomy of the 21st century.	230	12	Monday to Wednesday 08:00AM to 02:00PM Starts sometimes in January, May and/or September. Check availability on the web

## I want to lead or create a business

		HOURS	WEEKS	SCHEDULE
<b>DCS</b>	For entrepreneurs around the world, chefs and non-chefs, who want to revolutionize the future of gastronomy. This program provides them with the necessary tools to create, develop and/or update their restaurant and/or pastry business proposal.	420	14	Monday to Friday 08:00AM to 02:00PM Starts every January
<b>ECD</b>	For chefs who want to take the leap to become executive chefs in companies of different sizes and models, through a practical, tangible and professional learning process guided by great names in the sector.	160	6	Monday to Friday 08:00AM to 02:00 Starts every May and September

## I want it all

		HOURS	WEEKS	SCHEDULE
	<p><b>The Grand Chef Diploma.</b> Our professional chef career. For people who want to become a professional chef with a global vision of the kitchens of restaurants, companies and be specialists in their sector. Includes PCAC + 1 specialization + 1 management program + 6 months of internships. There are four possible combinations.</p>	+2236	+73	Monday to Friday* 08:00AM to 02:00PM Starts every January, May and September
	<p><b>The Specialist Chef Diploma.</b> It allows you to start your career in the kitchen and also to specialize in the technique or trend of your choice to increase your professional opportunities. A professional transformation process that combines three stages of learning and evolution. It includes the PCAC + 1 specialization + 6 months of internships.</p>	+2076	+67	Monday to Friday* 08:00AM to 02:00PM Starts every January, May and September
	<p><b>The Pastry Chef Diploma.</b> Our most ambitious pastry program. For the next generation of professionals who want to start their career as a professional pastry chef learning from the basics to the highest level of specialization. A 360° experience in the world of professional pastry and chocolate making. Includes PEC-D1 + PEC-D2 + 3 months of internships.</p>	980	37	Monday to Wednesday or Thursday to Saturday 08:00AM to 02:00PM or 3:00PM to 9:00PM Starts every January, May and September
	<p><b>The Manager Diploma.</b> It is a combined program focused on the development of team leadership skills, entrepreneurial vision, culinary technical knowledge and international gastronomy. This program will guide you through a professional transformation process that combines three stages of learning and evolution. It includes the PCAC or PCD + 1 management program + 6 months of internships.</p>	+2006	+61	Monday to Friday* 08:00AM to 02:00PM Starts every January, May and September
	<p><b>The MetaChef Diploma.</b> It includes EVERYTHING. You will have the most transformative experience of your life over almost four years studying gastronomy in Barcelona. Includes PCAC + ALL specialization programs + ALL management programs.</p>	+4256	+137	Monday to Friday* 08:00AM to 02:00PM Starts every January, May and September

1 out of 3 students

students choose a combined program to complete their studies with specific skills.

100% customized

Combined programs offer flexibility to choose the training itinerary that best suits your needs.

# Choose your educational path

## Combined Programs at the CIB

		Lective hours	Stage Hours	Total Hours	PCAC	PEC-D1	PEC-D2	PEC-H	PEC-T	ECD	DCS	S3	S6	S12	
					875 LH	234 LH	234 LH	234 LH	300 LH	160 LH	408 LH	520 SH	520 SH	1040 SH	
<b>Manager Diplomas</b>															
<b>ECP</b>	Professional Executive Chef PCAC + ECD + S6	966	1040	2006	●					●			●		
<b>ENC</b>	Entrepreneur Chef Diploma PCAC + DCS + S6	1226	1040	2266	●						●		●		
<b>ENP</b>	Entrepreneur Pastry Chef Diploma PEC-D1 + PEC-D2 + DCS + S6	880	1040	1920		●	●				●		●		
<b>Specialist Diplomas</b>															
<b>SCD-D</b>	Specialist Chef Diploma in Pastry PCAC + PEC-D1 + S6	1036	1040	2076	●	●							●		
<b>SCD-H</b>	Specialist Chef Diploma in Healthy PCAC + PEC-DH + S6	1036	1040	2076	●			●					●		
<b>SCD-T</b>	Specialist Chef Diploma in Advanced Culinary Techniques PCAC + PEC-T + S6	1136	1040	2176	●				●				●		
<b>PCD</b>	Pastry Chef Diploma PEC-D1 + PEC-D2 + S3	460	520	980		●	●					●			
<b>Gran Diploma</b>															
<b>GDC</b>	Gran Chef Diploma PCAC + PEC-X (D1/H) + ECD + S6	1196	1040	2236	●	□		□		●			●		
<b>GDC-T</b>	GDC – This version includes PCAC + PEC-T + ECD + S6 <i>*different price</i>	1296	1040	2336	●				●	●			●		
<b>GDC-E</b>	GDC – This version includes PCAC + PEC-X + DCS + S6 <i>*different price</i>	1456	1040	2496	●	□		□					●		
<b>GDC-TE</b>	GDC – This version includes PCAC + PEC-T + DCS + S6 <i>*different price</i>	1556	1040	2596	●				●				●		
<b>MetaChef Diploma</b>															
<b>MTC</b>	PCAC + PEC-D1 + PEC-D2 + PEC-H + PEC-T + ECD + DCS + S6 + S12	2176	2080	4256	●	●	●	●	●	●	●	●	●	●	

□ Choose one of them



WOMEN

NICK FUCKIT

WOW

WOW

I'm CIBer

ANNE LER





# BARCELONA

Barcelona is the Mediterranean city by excellence, built during more than 2000 years and in constant evolution.

Living in Barcelona offers a unique life experience. Few places in the world are more cosmopolitan than this city, but that is only a tiny part of the story. What truly stands out about Barcelona is its vibrant energy, its boundless economic, social, and cultural entrepreneurship that puts the city at the forefront in almost any field.

This is due to the character of its people, who, after being mixed for thousands of years, have integrated the best of each culture, making it their own and valuing it collectively.

There are many Barcelonas: the **green one** with more than 300 km of bike lanes, make the city the perfect place to move without smoke. The **modern one**, open, changing, early adopter, and international. The Catalan capital has a social, cultural and technological substratum that is firmly committed to the contemporary. The **entrepreneurial Barcelona**, home to the best business schools in Europe or the third European entrepreneurial city, Barcelona is a host city for startups and international co-creation centers. The **cultural one**, Egyptian mummies and works of contemporary art, photographic, interactive and conceptual art exhibitions, theaters, art galleries. There is

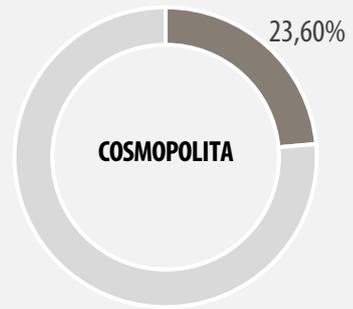
everything in the city. **Sporting Barcelona**. Barcelona is not only Messi and soccer. Since the 1992 Olympics, the city celebrates every year the main sports competitions of the world in F1, basketball, athletics, rugby, field hockey, tennis, horse riding...

All of them coexist with the **historical Barcelona**, a city made from a small Roman one to an international metropolis with an architecture that has left its mark for more than two thousand years. **The Gastronomic Barcelona** is an international benchmark in culinary innovation, becoming the world epicenter and the destination of the best gourmets. **The musical Barcelona** shines with its international festivals such as Primavera Sound or the Sonar that make this city one of the favorite destinations for music lovers. **The avant-garde Barcelona**, where innovation and vanguard go hand in hand in the fourth most creative city in the world and number one in design, illustration, fashion and culinary arts. And finally **the emblematic Barcelona** with the Boqueria, the Ninot market, the Santa Catalina market. Barcelona is one of the cities in the world that can proudly say that it has a market in practically every neighborhood.

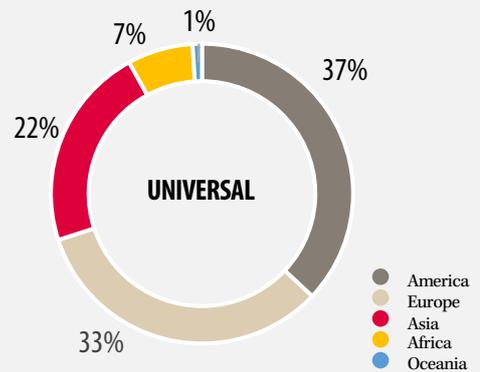


Barcelona is that place where people from all over the world converge to study, work or simply stay by.

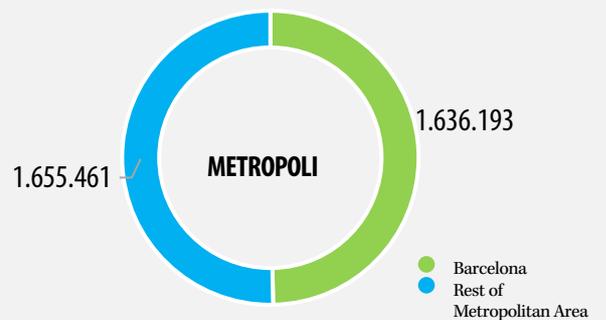
### Foreign residents in Barcelona



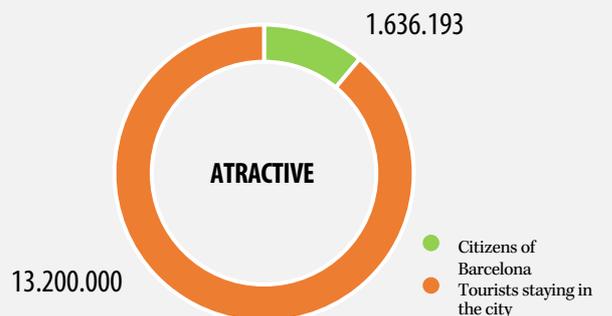
### Origin of foreign residents in Barcelona



### Citizens of the Metropolitan Area of Barcelona



### Visitors in Barcelona



CIB<sup>®</sup>

Culinary Institute of Barcelona

[www.cib.education](http://www.cib.education)

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