

# PCD

## PASTRY CHEF DIPLOMA

The program for future leaders in  
the world of pastry making

CIB®

PCD  
Diploma Chef  
en Pastelería

**PCD - Pastry Chef Diploma  
Program Syllabus**

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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  
# CIB®  
tomato

# 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

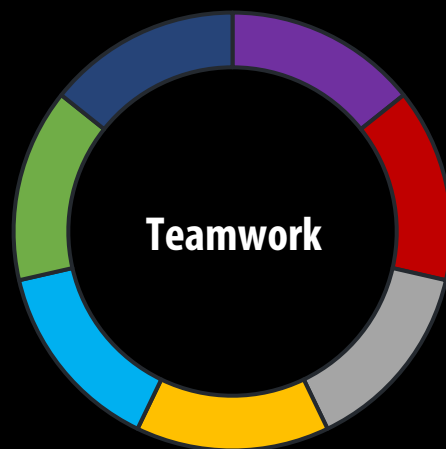
Learning to work as a team, using humility, generosity and intelligence is part of the learning that the CIB students appreciate the most.

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 will you learn in the Pastry Chef Diploma?



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 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.







# 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 participatory sessions are established in circles, normally around the pastry lab or in the dynamic classrooms.

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 format, participatory.

PCD subjects that include this format:

	Sensory Analysis and Tasting
	Framework
	Future
	Cultural Background
	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.

PCD subjects that include this format:

	Creativity Bootcamp
	Teamwork
	CIB Specials



# DEMONSTRATIVE

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 pastry lab classroom, **where an expert conducts a demonstrative master class**. Students can watch the session in first hand 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.

PCD subjects that include this format:

	Product
	Scientific Principles
	Technology
	Culinary Trends





# 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 pastry room of the CIB you will feel free and safe because in the creative process, error is a very important component.

The pastry lab 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.

PCD subjects that include this format:



Applied Technology



Culinary Trends



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.

PCD subjects that include this format:



Explorer

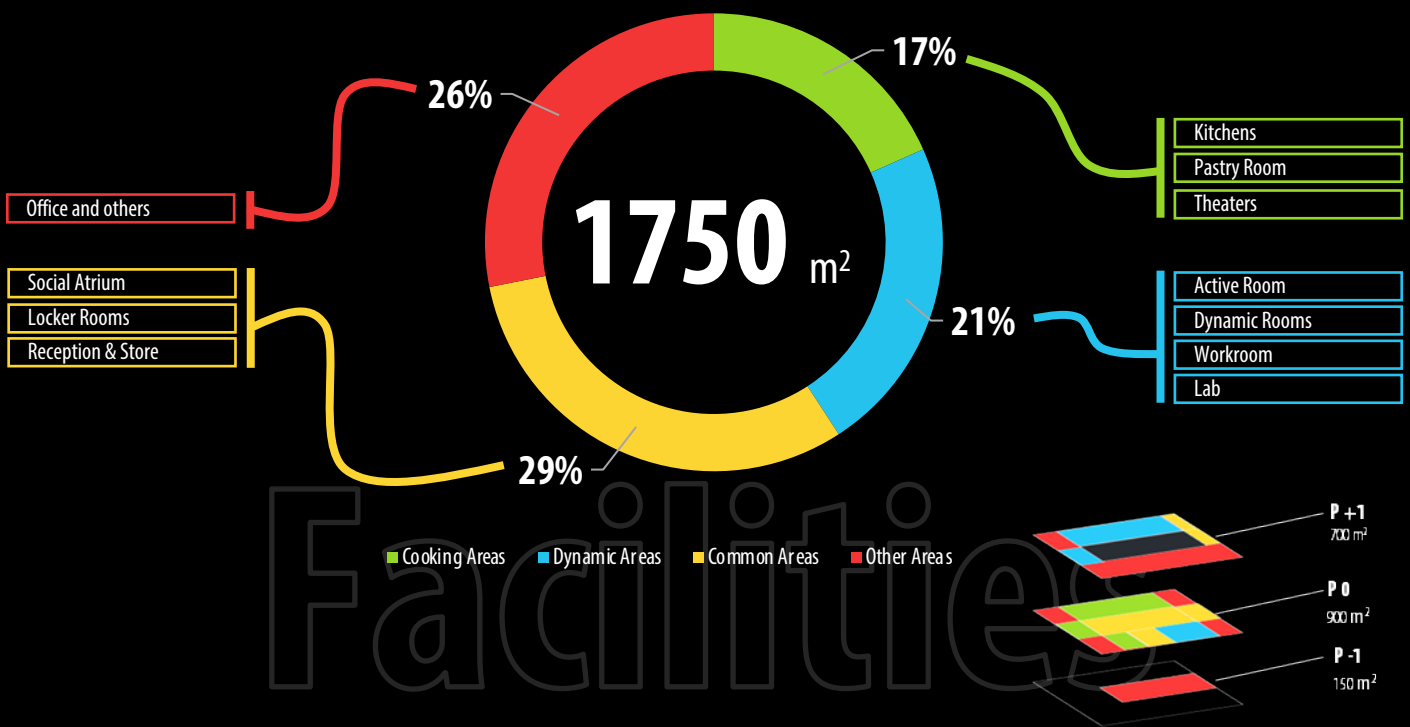
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# Facilities

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.



A wide-angle photograph of a modern, brightly lit reception area. The ceiling is dark with recessed circular lights. Large windows on the left side allow natural light to enter. A group of people, mostly young adults, are gathered in the center, some standing and talking, others walking. The floor is a dark, polished material. On the right, a dark wall features the word "pioners" in a large, white, sans-serif font, oriented vertically. Below it, there is a small, dark rectangular object, possibly a camera or sensor.

# RECEPTION

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.

A photograph of a large, multi-level atrium. The space is characterized by its high ceilings, white walls, and glass railings on the upper levels. A prominent black cylindrical pillar stands in the center. A large group of people, many wearing black t-shirts, are gathered in the lower level, engaged in conversations. The floor is a dark, polished material. In the background, a large wall features a world map. The overall atmosphere is one of a busy, modern, and open public space.

# 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.



A large group of people in a workshop setting, standing around a large whiteboard covered in colorful sticky notes and hand-drawn diagrams. The text "ACTIVE ROOM" is overlaid in large white letters at the top. Below it, a paragraph describes the room as a place for creativity and innovation workshops, mentioning IDEO and Silicon Valley.

A large group of people in a workshop setting, standing around a large whiteboard covered in colorful sticky notes and hand-drawn diagrams. The text "ACTIVE ROOM" is overlaid in large white letters at the top. Below it, a paragraph describes the room as a place for creativity and innovation workshops, mentioning IDEO and 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.



# 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.





# PASTRY ROOM

The sweetest place in the CIB. And very soon your second home. A space dedicated to pastry and chocolate with all the infrastructure and machinery you need. We didn't believe in magic until we saw what the students are capable of doing here.



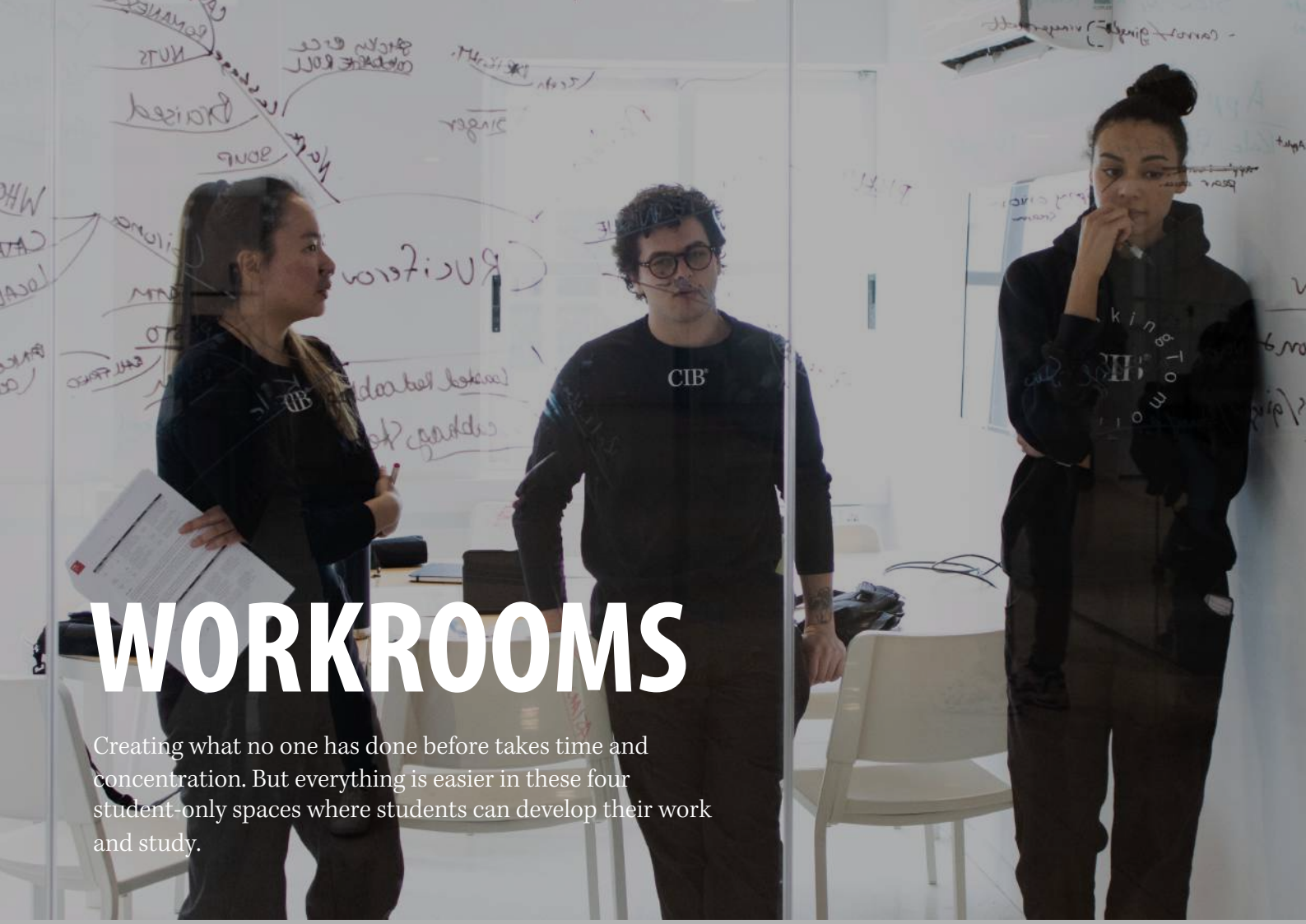
# KITCHENS

The CIB has three kitchens equipped with the latest technology. In them you will find the students of the rest of the training programs.



# 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.

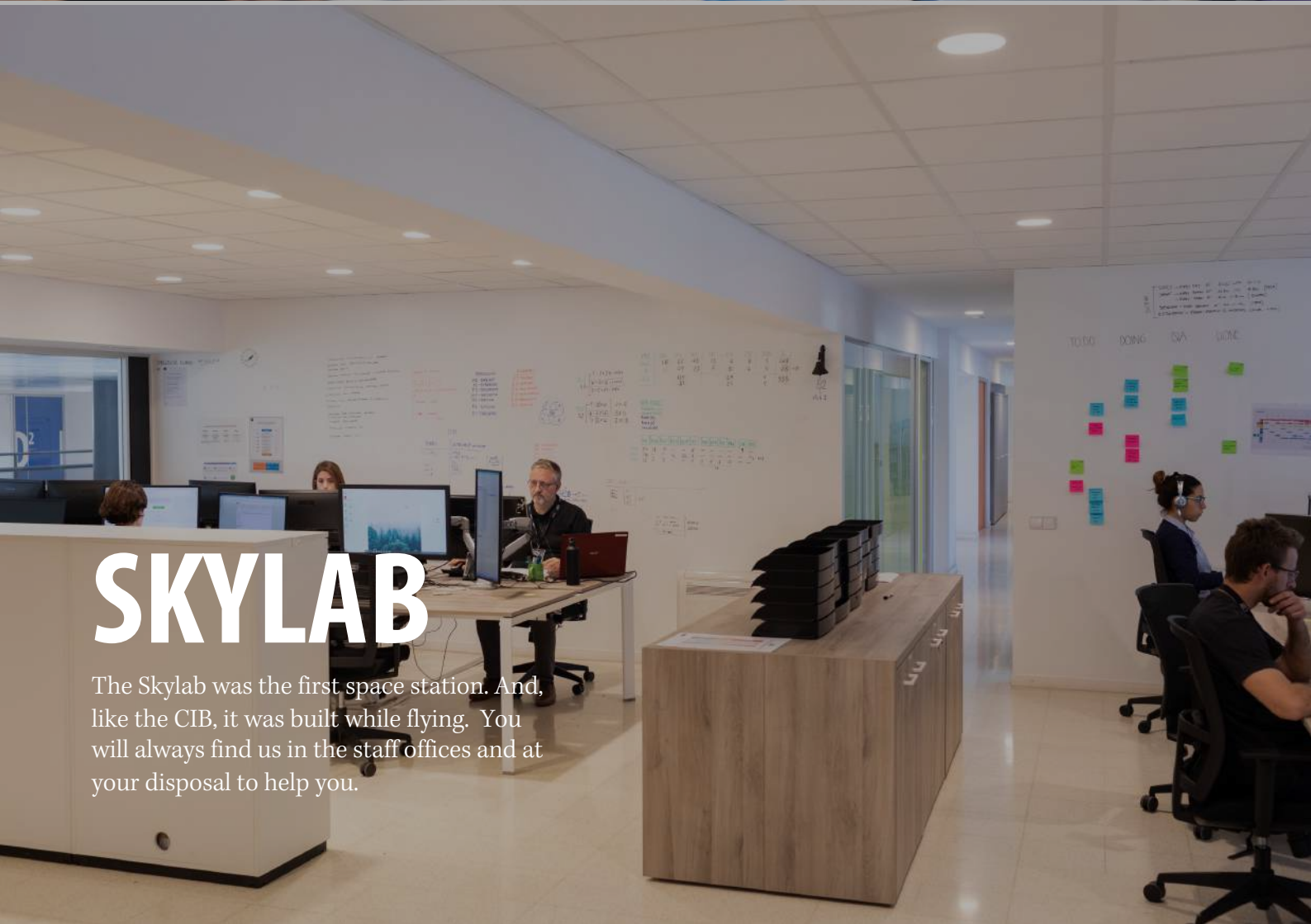






# DYNAMIC ROOMS

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

The 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.

# PCD

## **PASTRY CHEF DIPLOMA**

The program for future leaders in  
the world of pastry making





# The world of sweet gastronomy is changing at exponential rates.

To study professional pastry and bakery in the 21st century, it is necessary to be aware of the new consumer habits and food needs demanded by the market; to explore, create new gastronomic proposals and assimilate respect for the product for large-scale production and in any format.

PCD, the Culinary Institute of Barcelona's signature pastry course, is arguably **the most up-to-date, comprehensive and impactful pastry training program in the world**. And it offers our students a radical transformation of their career development. **In just a few months, our students are able to start their professional pastry career from the ground up and acquire the highest level of specialization**. 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**.

The program has been designed to provide an evolving educational experience, through challenges, practical learning and experiences from industry leaders. Week after week, you will learn about raw materials, apply the techniques learned and redefine the world of pastry: **creams and fillings, whipped and enriched doughs, mousses, sponge cakes, basic pastries, ice cream and sorbets, biscuits, croissants, creative and reactive pastries, substitute desserts and vegan trends, molecular pastry, the integral application of chocolate, haute cuisine desserts, bonbons, the geometry and architecture of chocolate, petit fours, complex pastries, Michelin star desserts, and so on**.

The diploma is different from any other because **it does not teach how to replicate recipes**, but to learn how to use formulation as a science to create sweet gastronomic proposals according to the proposed objective and context; to **enhance creativity as a tool to solve new challenges and innovate in any of the modules of the program**.

**More than 35 of the world's top sweet professionals** teach in this program, and renowned restaurants value CIBers because of their ability to solve problems in innovative ways, work in teams and take sweet cuisine to the next level.

# PCD

## Pastry Chef Diploma

### For sweet lovers who want it all

The Pastry Chef Diploma is the most complete pastry program of the Culinary Institute of Barcelona.

With almost a year of duration in three academic phases, it provides an extraordinary training to those who complete it.

### The 3 phases of the PCD

#### 1 PEC·D1

##### Professional Pastry & Baking

The PEC-D1 course in Professional Pastry and Baking has been designed to establish the basics of sweet cuisine and understand the science behind each elaboration. Pastry, bakery and chocolate making are trending and are in a process of global transformation.

#### 2 PEC·D2

##### Advanced Pastry & Chocolate

The PEC-D2 specialization course in Advanced Pastry and Chocolate is the most creative and innovative sweet specialization on the market. It is designed to reach the highest level, an invitation to face the gastronomic challenges of the 21st century to drive the transformation of pastry and chocolate making.

#### 3 STAGE

##### 3 months of internships

You will finish with a 3-month internship in one of the pastry and baking establishments with which the CIB has an agreement. It will allow you to learn from leading pastry chefs in a real-world environment, expand your culinary skills and receive follow-up and support during your experience.

INTENSITY

980

HOURS OF EXPERIENTIAL  
LEARNING

LENGHT

9

MONTHS IN TOTAL

SCHEDULE

8:00AM a 2:00PM  
or  
3:00PM a 9:00PM

AGENDA

Monday to  
Wednesday

And some specific  
Thursdays

SESSIONS

+80

PROFESSORS

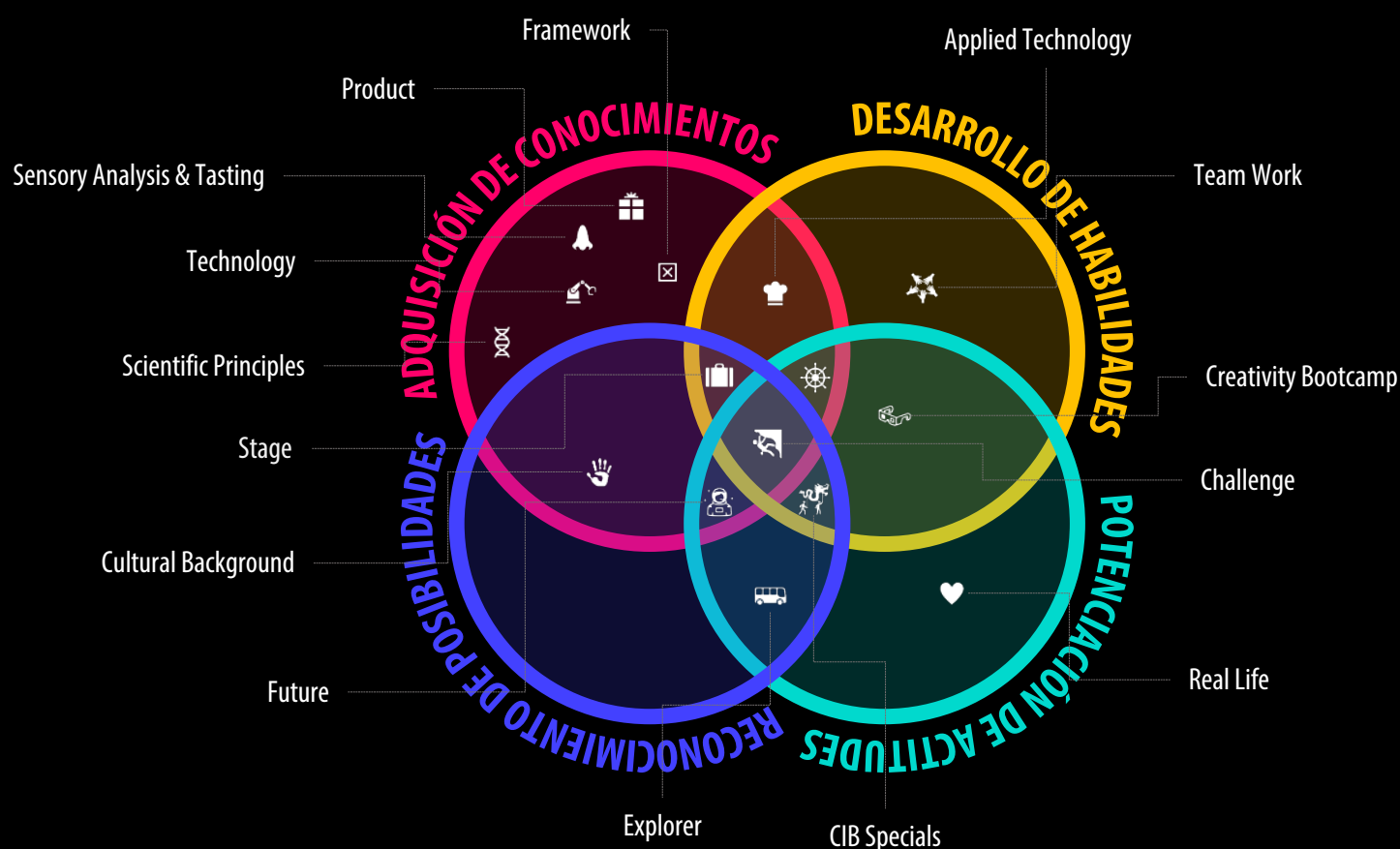
+35

EXPERTS



# 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 world of work 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

KNOWLEDGE ADQUISITION	Product Knowledge	 <b>PRODUCT</b>	Raw and processed materials	42
		 <b>SENSORY ANALYSIS &amp; TASTING</b>	Raw and processed materials	
	Technology Knowledge	 <b>SCIENTIFIC PRINCIPLES</b>	Food Physics and Chemistry	230
		 <b>TECHNOLOGY</b>	Culinary Techniques	
		 <b>APPLIED TECHNOLOGY</b>	Culinary Practice	
		 <b>CULINARY TRENDS</b>	Pastry trends	
	Context Knowledge	 <b>FRAMEWORK</b>	Management + Food Safety + Hygiene	14
		 <b>CULTURAL BACKGROUND</b>	Pastry & Healthy Anthropology	
		 <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	30
	Manage Others	 <b>TEAMWORK</b>	Teamwork skills	12
ATTITUDINAL EMPOWERMENT	Leadership Attitudes	 <b>REAL LIFE</b>	Real case testimonials	6
	Social Attitudes	 <b>CIB SPECIALS</b>	Hola Day + Tsunami + Rendezvous + Don't Stop Me Now	18
	Professional Attitudes	 <b>EXPLORER</b>	Experiential learning	36
RECOGNITION OF POSSIBILITIES		 <b>CHALLENGE</b>	Our unique way of evaluating you	72

TOTAL LECTIVE HOURS 460

STAGE		INTERNACIONAL STAGE	520
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TOTAL HOURS 980

More than  
**35**  
expert  
professionals for you

Adrià Rodón  
Àlex Todó  
Albert Daví  
Albert Lorenzo  
Albert Soler  
Anna Katherina  
Arnau Arboix  
Damià Allsop  
David Colom  
Eduard Bosch  
Enric Monzonis  
Enric Rovira  
Ester Roelas  
Ferran Fisas  
Francesc Balagué  
Jordi Farrés  
Jordi Reixach  
Josep M<sup>a</sup> Ribé  
Lluc Crusellas  
Lluís Costa  
Lluís Ribas  
Lucila Canero  
Maite Vaillet  
Marc Balaguer  
Marisa García  
Miquel Guarro  
Ona Mundó  
Patricia Jurado  
Pep Nogué  
Rafa Delgado  
Ricard Martínez  
Sandra Descamps  
Sènia Vilallustre  
Toni Vera  
Xavier Donnay  
+  
Expert 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  
**80**  
active learning  
sessions



TECHNOLOGY  
PEE-GIT

SCIENCE  
TECHNOLOGY  
KNOWLEDGE

SCIENCE  
TECHNOLOGY

SCIENCE  
ANALYSIS  
ANALYSIS

# SUGAR

FATS, FLOUR, ADDITIVES

# SUGAR



CIB® Culinary Institute of Barcelona

CIB®



TECHNICAL  
PSYCHOLOGY

DESIGN  
TECHNOLOGY  
KNOWLEDGE

SCIENCE  
TECHNOLOGY

THE  
TINA  
VEGA

# HOJALDRE

CIB<sup>®</sup> · Culinary Institute of Barcelona

CIB<sup>®</sup>

TECHNIQUE  
PASTICRY

SKILL  
TECHNOLOGY  
KNOWLEDGE

TECHNIQUE  
BAKING  
PASTICRY

SKILL  
ADORN  
DECORATION

# PASTELERÍA CONTEMPORÁNEA

CIB® Culinary Institute of Barcelona

CIB®

1982/83  
PE-CO1

1983  
TECHNOLOGY  
KNOWLEDGE

1984  
TECHNOLOGY

1985  
AZUMA  
RIZOON



**WALLY**

POSTRES EN VASO

CIB\* - Culinary Institute of Barcelona

**CIB\***

# PCD

# Perensium



460 520

lective hours + Internship hours

980

intensive hours of experiential learning

# KNOWLEDGE ADQUISITION

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.

277 HOURS

47 SESSIONS

## KNOWLEDGE OF PRODUCT

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

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

HOURS	SESSIONS	FORMAT
33	6	P D

## KNOWLEDGE OF TECHNOLOGY

Knowledge and practice of various culinary techniques enriches your ability to create new and exciting desserts and creations. Whether you're using ancient techniques to prepare a traditional dessert or applying advanced pastry science to create something entirely new, each technique you master gives you more opportunities to be creative and innovative in the bakery.

HOURS	SESSIONS	FORMAT
230	37	P D T

## 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 pastry room. It allows you to understand and appreciate the meaning and context of the products you are preparing, which can also enrich and deepen your own culinary creations.

HOURS	SESSIONS	FORMAT
14	4	P D





# Knowledge of PRODUCT

By: Jordi Farrés,  
Lucila Canero  
Enric Monzonis  
Miquel Guarro  
Damià Allsop  
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 audience, the pastry professional has to live up to

expectations. The pastry chef of tomorrow **has to 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.**

Knowing the characteristics and limitations of the ingredients will allow you to take full advantage of the unique properties of each one of them. This knowledge also allows you to experiment with different combinations of flavors, textures and colors. Knowing which ingredients combine well together can open up a world of possibilities for creativity in the kitchen.

## PEC-D1 & PEC-D2

### PEC-D1

The product sessions of the learning phase PEC-D1 have the following objectives:

- **Introduction to chocolate:** Chocolate is the noble material par excellence of pastry making. From knowing its origins to identifying the differentiating nuances of each type of this product with such a worldwide success.
- **Experimenting in the creation of singular and original chocolates:** Knowing the application of the sweet factor in desserts and traditional international dishes from cuisines around the world.
- **Inclusive desserts:** Nowadays it is essential to have an inclusive menu where customers with special diets, dietary restrictions and committed to other values can also enjoy pastries.

### PEC-D2

The product sessions of the learning phase PEC-D2 have the following objectives:

- **Decoding and understanding the elaboration of chocolate from cocoa beans:** Learning how to make our own chocolate from the cocoa bean can make a difference. We will learn the secrets of ancestral and current formulas where chocolate and the sweet factor are the indisputable protagonists of the plate.
- **Superior pastry and chocolate making:** Knowing the product and applying it to our creations will differentiate us and allow us to be unique. Discover how the chocolate that is offered in a Michelin star dessert menu is made and gain access to exclusive knowledge of a higher level.
- **Chocolate and art:** Our team of experts will accompany you to discover all the techniques (and their secrets) to create unique pieces. You will learn to conceive this profession as a beautiful art.

HOURS	SESSIONS	FORMAT
12	2	D

By:  
Jordi Farrés,  
Lucila Canero

HOURS	SESSIONS	FORMAT
24	3	D

By:  
Enric Monzonis  
Miquel Guarro  
Damià Allsop



# Knowledge of **PRODUCT**



## SENSORY ANALYSIS & TASTING

PEC·D1

Sensory analysis is a scientific discipline that allows to recognize, measure, analyze and interpret the characteristics of a product, as perceived by the senses (sight, smell, taste, touch, hearing).

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

The pastry chef of the 21st century is not the one who simply cooks. He/she is the one who perceives, understands, transforms

and transmits experiential value through his/her dishes and creations. Students will become aware of the importance of sensory analysis in cooking and gastronomy as a highly valuable tool for innovation and creativity, which also allows to establish a justified argumentation in the culinary process and a very effective communicative link with the diner.

The sensory analysis and tasting sessions of the PEC·D1 are divided into **4 main groups**: spices, fruits, chocolate and nuts. These sessions have the following objectives:

- **Get to know the basic functioning of the sensory organs** and learn how to use them for professional practice.
- Become familiar with the terms and concepts used in sensory analysis **applied to pastry making**.
- **Contextualize sensory analysis** from a historical, technical, qualitative, sustainable, cultural, humanistic and hedonic point of view.
- Develop descriptive terminology in the tasting of spices, nuts, fruits and chocolate.
- Gain an understanding of 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 experience.

HOURS



6

SESSIONS



1

FORMAT



P

By:  
Marisa García

# Knowledge of TECHNOLOGY

By:

Adrià Rodón,  
Àlex Todó,  
Albert Daví,  
Albert Lorenzo,  
Albert Soler,  
Anna Katherina,  
Arnau Arboix,  
Enric Rovira,  
Ester Roelas,  
Jordi Farrés,  
Josep M<sup>a</sup> Ribé,  
Lluc Crusellas,

Lluís Costa,  
Lluís Ribas,  
Marc Balaguer,  
Rafa Delgado,  
Ricard Martínez,  
Sènia Vilallustre,  
Toni Vera,  
Xavier Donnay.



## SCIENTIFIC PRINCIPLES

## PEC·D1 & PEC·D2

Cooking is transformation through physics and chemistry and you must know why things happen when you work with biological products such as food. It will help you to understand and improve any culinary process.

### PEC·D1

The scientific principles sessions of the learning phase PEC·D1 have the following objectives:

- **Gain an understanding of the reactions of formulations in the chocolate and pastry environment:** Open up the purely culinary field to what happens inside sweet formulations. **Discover why each reaction happens and know how to detect them.** It will help you to better control these processes and to experiment with them.
- **The science behind each product:** From **ice creams, sorbets**, crystallization of fats and sugars, **emulsions, jelly textures** or candied fruit preserves. **Knowing the science of what happens** inside our preparations will help us perfect our creations.
- **Products adapted to modern times:** Investigate how contemporary pastry is adapting classic ingredients to current times.

### PEC·D2

The scientific principles sessions of the learning phase PEC·D2 have the following objectives:

- **A wide specialization in products and techniques:** There are a multitude of ingredients and the key is to know them all, as well as the ideal technique to achieve the expected result. In addition, delving into the use of texturizers and gelling agents will lead you to master everything about the shape, state or texture of each of your creations.
- **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 and how changes in the environment can affect these interactions, you can improve the quality and consistency of your creations.

HOURS



15

SESSIONS



3

FORMAT



D

By:

Jordi Farrés,  
Marc Balaguer,  
Albert Soler,  
Lluís Ribas

HOURS



6

SESSIONS



1

FORMAT



D

By:

Albert Soler,  
Lluís Ribas



# Knowledge of TECHNOLOGY



## 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 specific techniques is immense.**

From knowing why we use certain machinery, to investigating the different techniques of elaboration, transformation and cooking... 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 is where we have to emphasize to be better pastry chefs: Learn how it works to improve or be more creative.

Following the steps of the classes, we will see the next step that has led us to develop pastry and baking to levels unsuspected since 100 years ago and we will lay the foundations for the pastry revolution of the future.

## PEC·D1 & PEC·D2

### PEC·D1

The technology sessions of the learning phase PEC·D1 have the following objectives:

- **Expanding your skill set:** Engage in experimenting with chocolate molding and **constructing intricate figures from geometric shapes**, explore the art of brioche and laminated doughs, both fermented and unfermented, and familiarize yourself with the concept of **layered and showcase desserts**. Enhance your ability to create **dessert decorations**, approach cake-making from an innovative perspective, ...
- **Adaptability:** Mastering a diverse range of techniques equips you to handle different culinary situations and requirements. For instance, you will be able to improvise when certain ingredients or tools are unavailable, or modify your approach to cater to different dietary needs or cultural preferences.

### PEC·D2

The technology sessions of the learning phase PEC·D2 have the following objectives:

- **Perfecting your skill set:** Immerse yourself in the world of **tea cookies**, delve into **cutting-edge techniques in high-end pastry-making**, experiment with pralines and giandujas, master puff pastry techniques, learn the most effective methods for crafting **the best croissants, cheesecakes and bonbons in the world...**
- **Innovation:** By exploring both traditional and modern techniques, you will be able to combine or modify them in novel ways, creating new interpretations linked to emerging consumption concepts, flavors, and textures. Those who do not innovate are destined to become obsolete.
- **A world of flavors:** You will learn how to give your creations a distinctive and highly innovative flavor.

HOURS



24

SESSIONS



4

FORMATS



T - D

By:  
Adrià Rodon,  
Albert Daví,  
Arnau Arboix,  
Toni Vera,

HOURS



27

SESSIONS



7

FORMATS



T - D

By:  
Jordi Farrés,  
Ester Roelas,  
Lluís Costa,  
Toni Vera.

# Knowledge of TECHNOLOGY



## APPLIED TECHNOLOGY

## PEC·D1 & PEC·D2

The fundamentals of CIB will lay the foundation for your **pastry-making**. It's a way of understanding pastry that will stay with you throughout your professional career, and one you'll turn to time and again to solve culinary challenges.

This is where you'll unleash your creativity to master the art of pastry, baking, and chocolate, and come up with innovative and

delicious ideas. This is the subject with the most scheduled hours.

Putting everything you've learned into practice will become your favorite activity. Having all the tools at your disposal to execute your ideas will make you look forward to these moments every week.

### PEC·D1

The applied technology sessions of the learning phase PEC·D1 have the following objectives:

- **Practical application:** Pastry-making is a highly practical discipline. No matter how much knowledge one has about culinary techniques, ingredients, and scientific principles, it cannot be fully understood until it is put into practice. This subject allows you to strengthen what you've learned and practice in a real and tangible setting. You will develop various **fillings for doughs and cakes**, work with fermented doughs, explore different frying techniques, experiment with a variety of **sliced cakes, choux pastry, plated desserts, active pastry-making**, and even take your **first steps into the world of bonbons** through pralines and gianduja.
- **Development of manual and creative skills:** Pastry and baking require a blend of technical and creative skills. These sessions allow you to practice and refine your technical abilities, all within a framework that encourages experimentation and the expression of your creativity.

### PEC·D2

The applied technology sessions of the learning phase PEC·D2 have the following objectives:

- **Professionalize your culinary practice, consistency and perfection in your executions:** Refine your skills by working the latest technology to **coat bonbons efficiently, aiming for the highest possible production**. Create **petit fours** that resemble works of art, explore **the process from bean to bonbon**, experiment with **sweets and fermented products**, design innovative **contemporary cakes**, push the boundaries with **pralines and gianduja**, and play around with fruits and citrus flavors, among others.
- **Problem-solving experience:** In a professional kitchen, you'll often face challenges and unexpected situations. This environment will train you to think on your feet, adapt quickly and come up with creative solutions to any problem that arises.
- **Feedback and continuous improvement:** In these sessions you will receive valuable feedback from both your instructors and peers. This input is essential for growth and learning. Furthermore, tasting and evaluating your own creations will help you fine-tune your sensory skills and gain a deeper understanding of how your choices in the kitchen impact the final product.

HOURS



57

SESSIONS



10

FORMAT



T

By:  
Adrià Rodón,  
Albert Lorenzo,  
Lluís Costa,  
Jordi Farrés,  
Rafa Delgado,  
Sènia Vilallustre.

HOURS



51

SESSIONS



7

FORMAT



T

By:  
Jordi Farrés,  
Àlex Todó,  
Anna Katherina,  
Josep M<sup>a</sup> Ribé,  
Xavier Donnay.

# Knowledge of TECHNOLOGY

## CULINARY TRENDS

## PEC·D1 & PEC·D2

Humanity has never faced as many changes as in this new era that is just beginning. These are changes that impact all aspects of society – social, economic, cultural, technological, health-related, political, and even moral values.

Preparing our students for these drastic, frequent and simultaneous changes is a top priority for the CIB. We are fully aware that in this new era, those who fail to adapt will experience

it dramatically, as victims.

These changes also extend into the world of pastry and baking. New trends and culinary styles are emerging more frequently, and they must be studied and adapted to. The world is changing at a dizzying pace. If you don't know how to adapt, the future will crush you.

### PEC·D1

The culinary trends sessions of the learning phase PEC·D1 have the following objectives:

- You will gain a broader perspective on the **trends shaping the market**, from what's popular in restaurants to what's being sold in pastry and chocolate shops. This insight comes from expert instructors who will share their extensive knowledge and personal experiences.
- Expose you to cutting-edge techniques and contemporary philosophies currently being practiced in the industry.
- You will apply what you've learned in **pre-crystallization chocolate classes by crafting a variety of chocolate bars and impulse-buy products**.
- To introduce you to the world of display-case pastry, where you will reinvent classic cakes with a modern and innovative twist.

### PEC·D2

The culinary trends sessions of the learning phase PEC·D2 have the following objectives:

- You will deepen your knowledge of handling chocolate as the main ingredient for **constructing intricate, solid structures with diverse finishes**. This includes exploring the vast possibilities that arise when chocolate transitions from liquid to solid form.
- Explore **new dessert trends tailored for customers with specific dietary needs**, such as those with allergies, intolerances or personal values, including **egg-free, dairy-free, gluten-free, or entirely plant-based desserts**.
- Witness and participate **in the creation of Michelin-star-worthy restaurant desserts**, where concepts, creativity and flawless execution come together.
- Learn how local sourcing limitations on non-native products can dramatically shift the approach to dessert-making, forcing a new set of culinary rules and creativity.

HOURS



8

SESSIONS



2

FORMAT



T

By:  
Albert Lorenzo  
Rafa Delgado

HOURS



42

SESSIONS



5

FORMAT



T

By:  
Adrià Rodón,  
Albert Lorenzo,  
Enric Rovira,  
Lluc Crusellas,  
Ricard Martínez,



# Knowledge of CONTEXT

By: David Colom  
Sandra Descamps  
Patricia Jurado  
Invitados Expertos



## FRAMEWORK

### PEC-D1

With more people choosing to eat outside the home – whether for work, leisure or vacation – it's increasingly important for industry professionals to uphold the highest standards in the quality of their offerings, focusing not just on taste and presentation but also on nutrition and hygiene.

The Framework subject addresses all the essential aspects of your profesional environment, with a particular emphasis on **food safety, kitchen management, workplace hygiene and risk management**.

The framework sessions of the learning phase PEC-D1 have the following objectives:

- By the end of your studies, you will be fully prepared to take on the responsibility of **ensuring compliance with food safety standards**.
- **Be able to address common concerns related to occupational safety in both the kitchen and the pastry workshop.**
- Have clear hygiene management guidelines, independent of the technological processes used, and the ability to implement both preventive and corrective measures.
- Develop the skills to effectively manage your kitchen's self-regulation, using all modern tools available to guarantee that your clients are served safe food.
- **Gain a thorough understanding of food allergies and intolerances**, the differences between them and how to handle food properly to avoid cross-contamination.



## CULTURAL BACKGROUND PEC-D2

To gain a deeper understanding of the cultural context surrounding pastry and chocolate, we delve into the history of chocolate in the PEC-D2.

This course offers an introduction to the sweet world, aiming to uncover what truly defines it – whether it is primarily about taste or something beyond that.

We will embark on a cultural journey from the earliest origins of cacao to its modern role, exploring how chocolate has become a key element in the relationship between the New World and old Europe.

The cultural background sessions of the learning phase PEC-D2 have the following objectives:

- Break away from the notion that culinary knowledge is a lesser discipline, relevant only to an elite few.
- **Understand sweet gastronomy as a meeting point of cultural and historical traditions.**
- Explore the ways in which technology can shape and transform the creation of sweets.
- Engage in **thoughtful discussions on the world's diverse culinary cultures and their sweet traditions**, to appreciate the unique characteristics each one brings.

HOURS



3

SESSIONS



1

FORMAT



P

By:  
Sandra Descamps

HOURS



3

SESSIONS



1

FORMAT



P

By:  
David Colom

# Knowledge of **CONTEXT**



## FUTURE

## PEC·D1 & PEC·D2

The future encompasses everything that is yet to come and is, by nature, uncertain. No one can predict the distant or even medium-term future with absolute certainty. Various scenarios can be hypothesized, but they are always subject to the unpredictable twists of fate. However, the future becomes more predictable the closer it is in time; the farther away, the more imprecise the predictions. Predictions must always be based on concrete facts, empirical data, and, ultimately, solid evidence.

This subject offers a glimpse into possible future scenarios, like

looking through Windows that open onto the culinary world, the restaurant business, and society as a whole, including cultural and economic aspects. Led by experts, these sessions will allow you to explore and learn about a world that differs from what we know today, while providing solid reasoning as to how and why we will arrive there.

**These insights will give you a significant competitive advantage over others.**

The futuro sessions of the learning phases PEC·D1 and PEC·D2 have the following objectives:

- **Prepare yourself for the future** by gaining early insights, enabling you to approach it with greater confidence and foresight than those who haven't had the opportunity to foresee what's coming. This will position you ahead of your competitors.
- Recognize and appreciate the importance of continuous learning, not just in acquiring new knowledge but also in **developing the skills that future scenarios will demand**, while fostering the attitudes that will increase your chances of success.
- Stay ahead of future trends, **gaining access to privileged information well before others**.
- **Create networking and collaboration opportunities** that could lead to future employment or professional development.
- **Cultivate a curious attitude** toward current events, allowing you to better anticipate and navigate the future with greater precision and confidence.

HOURS



8

SESSIONS



2

FORMAT



P

By:  
Patricia Jurado  
Expert guests





# DEVELOPMENT OF LATERAL SKILLS

42 HOURS

4 SESSIONS

Undoubtedly, we cannot achieve meaningful goals without possessing the personal skills that help us guide our teams in the same direction.

In a kitchen, it's not just about mastering culinary techniques; it's also about working as a team and developing creative, lateral thinking.

According to Forbes, the most important skills for both the current and future job markets are lateral skills. This is why training in these areas has become one of the most sought-after demands recently.

Being good professionals, yes. But also being good people.

## MANAGE YOURSELF

This module focuses on developing cognitive creativity to help you become a well-rounded and successful professional in the world of sweets. The "Creativity Bootcamp" will enable you to unlock innovation and deep learning.

## MANAGE OTHERS

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

HOURS	SESSIONS	FORMATS
30	2	W P

HOURS	SESSIONS	FORMATS
12	2	W



# Manage YOURSELF

By: Eduard Bosch  
Jordi Reixach



## CREATIVITY BOOTCAMP

## PEC·D1 & PEC·D2

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.

HOURS



30

SESSIONS



2

FORMAT



W

By:  
Eduard Bosch  
Jordi Reixach



# Manage OTHERS

By: Maite Vallet



## TRABAJO EN EQUIPO

## PEC·D1 & PEC·D2

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 and pastry establishments 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



12

SESSIONS



2

FORMAT



W

By:  
Maite Vallet



# ATTITUDINAL EMPOWERMENT

63 HOURS

16 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.

## 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.

## 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
6	2	WE

HOURS	SESSIONS	FORMAT
18	8	W

HOURS	SESSIONS	FORMAT
36	6	E





# LEADERSHIP

## Attitudes

By: Jordi Farrés,  
Expert Guests



### REAL LIFE

### PEC·D1 & PEC·D2

**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 pastry 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 pastry 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 pastry business.

HOURS



6

SESSIONS



2

FORMAT



E

By:  
Jordi Farrés &  
Expert Guests

# SOCIAL

## Attitudes

By:

Ferran Fisas  
 Francesc Balagué  
 Ona Mundó  
 Josep Gala  
 Pep Nogué  
 Staff CIB



CIB SPECIALS

PEC·D1 &amp; PEC·D2

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.

HORAS



18

SESIONES



8

FORMATO



P

Por:

Ferran Fisas, Francesc  
 Balagué, Ona Mundó,  
 Pep Nogué & Staff CIB



By: Pep Nogué  
Staff CIB

# PROFESSIONAL

## Attitudes



### EXPLORER

### PEC·D1 & PEC·D2

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 pastry 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, students can develop an awareness and judgment about their responsibility as pastry 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 pastry room.

HOURS



36

SESSIONS



6

FORMAT



E

By:  
Pep Nogué,  
& Guests Teachers  
and Professionals.



# 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 bakery is a team effort.

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.

72  
HOURS

6  
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

72

SESSIONS

6

FORMAT

T  
W





CKC:  
go + crudo

ld nuts cracker  
with  
tries and herb  
top  
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cerdo cebolla trigo  
leche huevos codigpa  
mich olives/evoo Birds Hun  
Greece Latin entr. cereales  
especias + carne curra

3

Ensalada Griega  
w/ Med Spices  
- olives, cheese,

4

mantecilla Nuts ARROZ ke  
caldos leche PAT  
MARINA DATA MA  
azúcar trigo  
MAIN  
SAISAS + Butter/MATA

5 CEREALS

6 FISH (PESCUPO)



# Recognition of POSSIBILITIES

By: All the CIB teaching staff



## 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



72

SESSIONS



6

FORMAT



T

By:  
All the CIB teaching  
staff







# TRANSVERSAL

## APPLICATION

520 HOURS

The “Internship” subject will take place at the end of your 6-month PEC-D1 and PEC-D2 programs and will provide you with real-world, hands-on experience in the pastry industry. It allows you to learn from leading pastry 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 the knowledge you have acquired, preparing you for a successful career in the world of pastry and confectionery.

HOURS	SESSIONS	FORMAT
520	48	T



# TRANSVERSAL

## Application

By: You



### CIB INTERSHIP PROGRAM

The main mission of the internship in restaurants, the stage, is to show the student the reality of a bakery or a professional pastry shop. At the CIB, we look for establishments and chefs who are committed to continuity as part of the student's training:

- **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 pastry 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 hone their pastry skills and techniques.
- **Holistic learning:** The internship complements the theoretical and practical training at the CIB by providing a well-rounded experience and covering various areas of specialization. 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 challenges and make the most of their learning experience, ensuring continuous growth and an enriching learning environment.

HOURS

520

FORMAT



Pr





# being CIBer

# united by friendship and a common life experience







# 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**

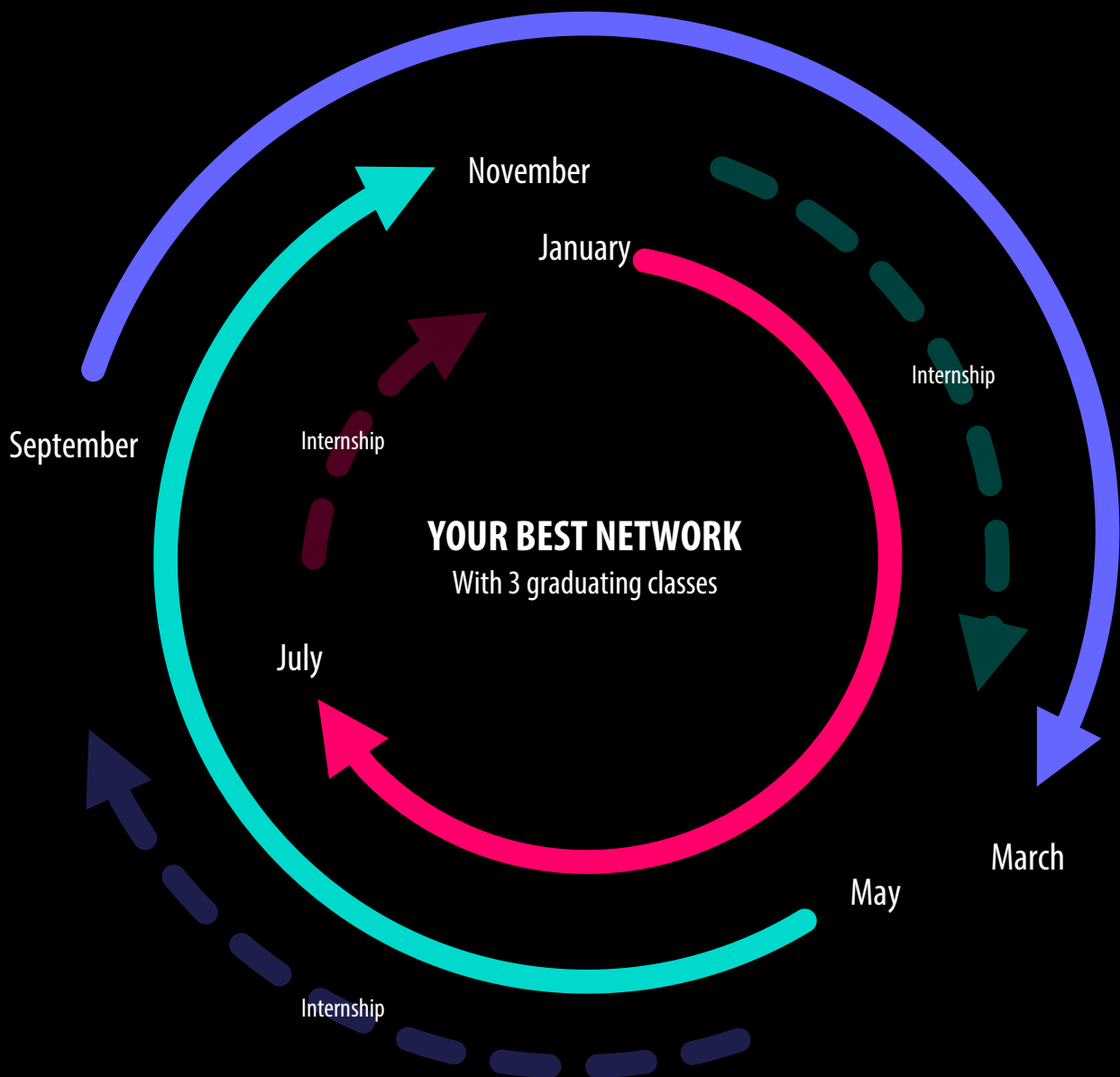
CIBers are disciplined and committed to their culinary training. They fulfill their academic and social obligations, demonstrating dedication and perseverance. Discipline enables them to maintain high quality standards in their work and prepares them for a successful career in the culinary industry.

# 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 PCD takes place 3 times a year. It consists of 6 months of classes + the 3 months of stage.

Promotions start in January, May and September, so you will have the opportunity to meet 3 consecutive promotions 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

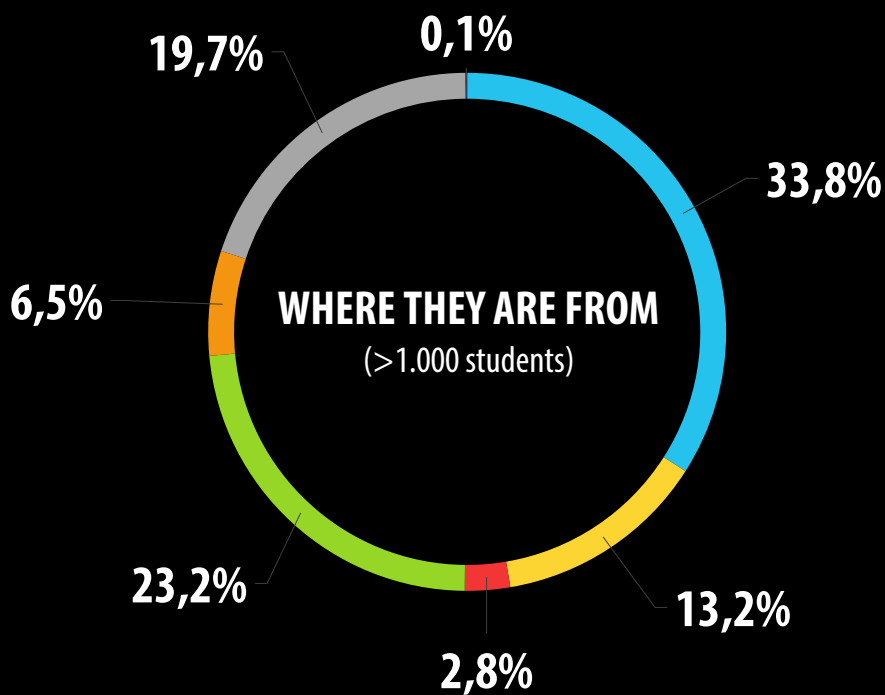
27.5

Gender equality

50%<sup>↑</sup><sub>+</sub>

# A world getting smaller

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



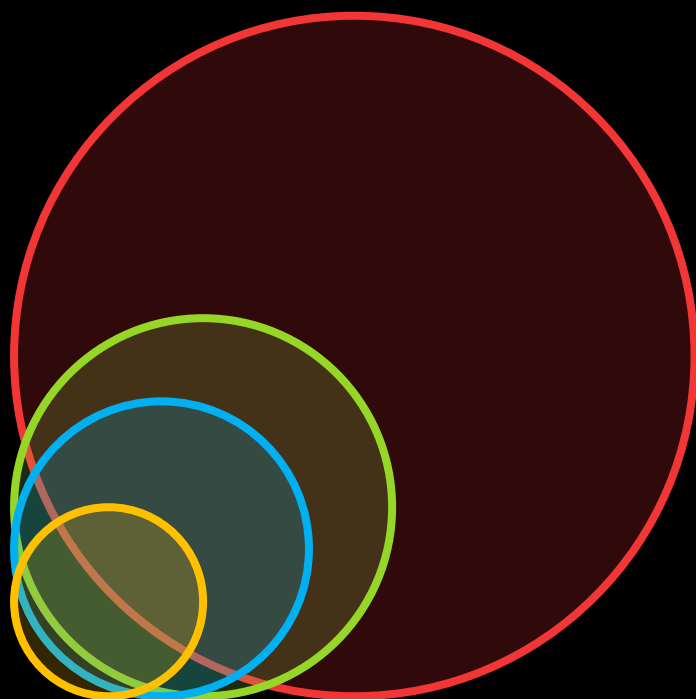
■ Europe ■ Asia ■ Africa ■ North America ■ Central America ■ South America ■ Oceania & Pacific

# I choose my dream

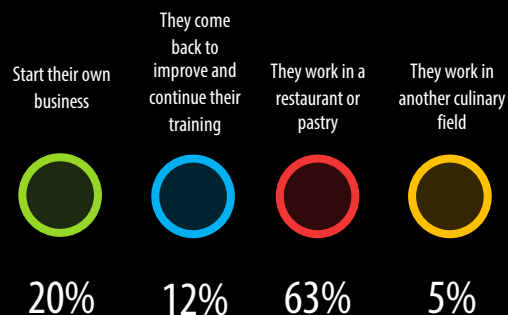
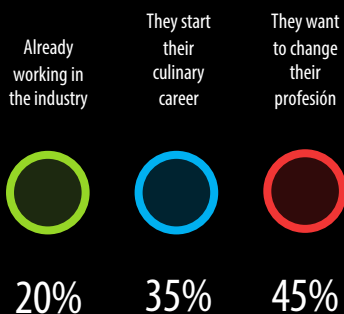
Entrepreneurship is part of CIB's DNA



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*



\*As of June 3rd, 2024.

**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.**

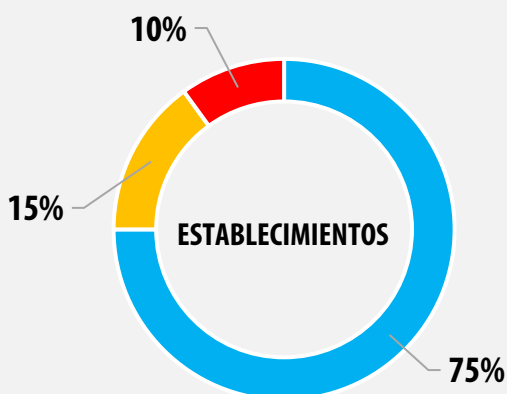
Training at the CIB is focused on entrepreneurship and on empowering students with the necessary skills to start their own project. CIBers are leaders perfectly trained to manage their own initiatives.

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.

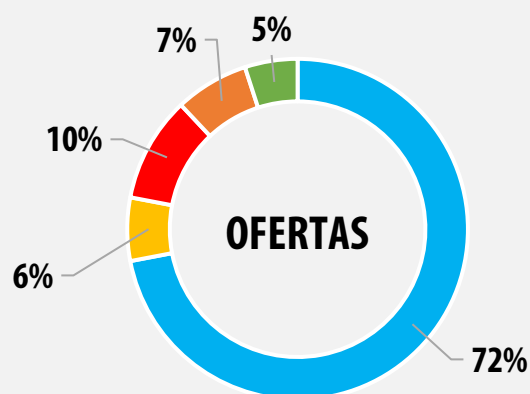
For this reason, we filter the offers in the Job Board one by one to ensure that they are jobs that do not present abusive conditions or poor remuneration.

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 ClBer**



*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.

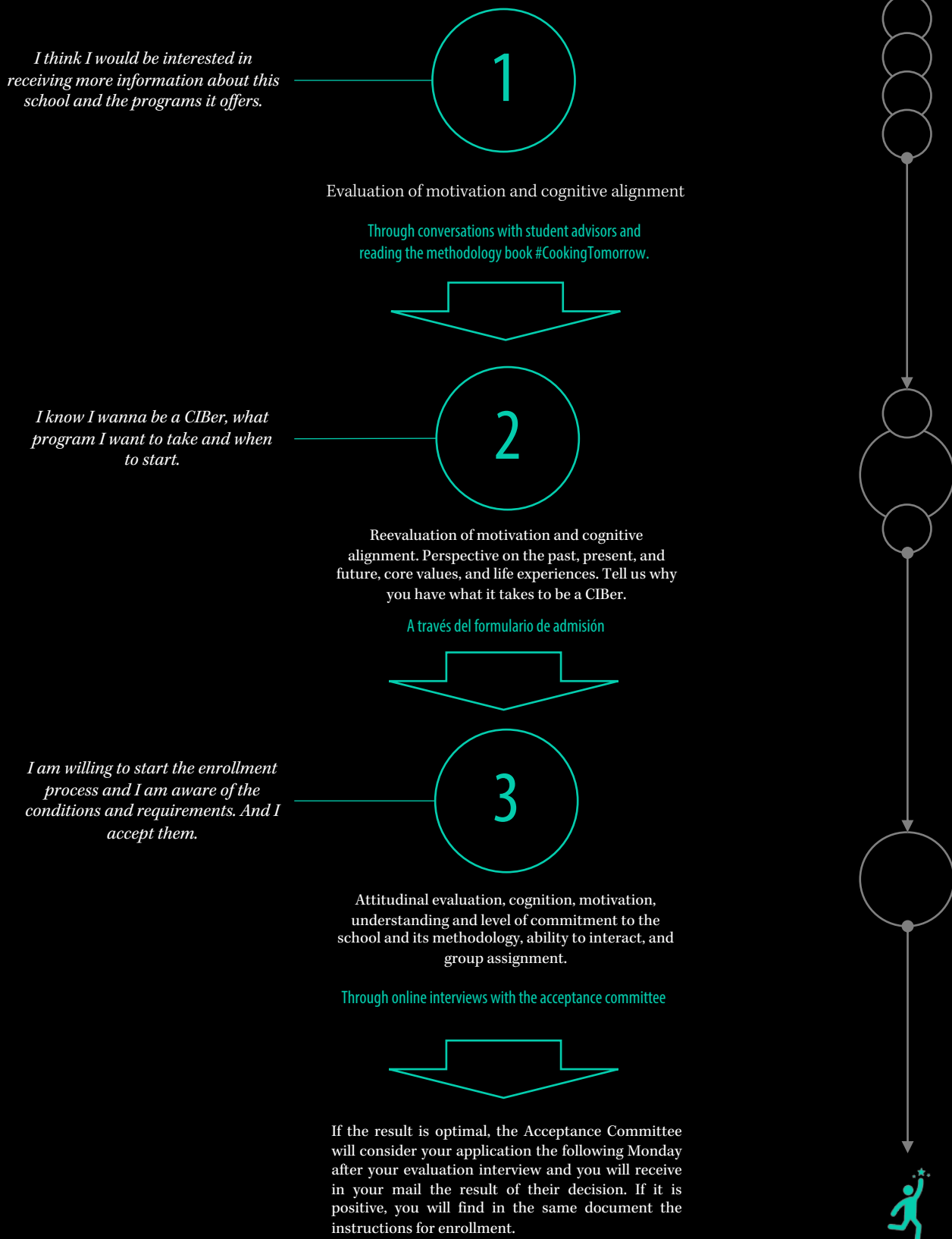
If we chose you, it is because you are willing to live an educational experience unlike anything you have ever lived before. And because we believe in the power of education to transform lives and change the world.

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



# Admission process

A different way of doing things



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 08:00AM to 02:00PM or 3:00PM to 9:00PM Beginning 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 Beginning 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	Monday to Friday 08:00AM to 02:00PM and some evenings Beginning 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	Wednesday to Saturday 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 02:00PM Starts every May and September



## I want it all

		HOURS	WEEKS	SCHEDULE
<b>GDC</b>	<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.	+2236	+73	Monday to Friday 08:00AM to 02:00PM Starts every January, May and September
<b>SCD</b>	<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.	+2076	+67	Monday to Friday 08:00AM to 02:00PM Starts every January, May and September
<b>PCD</b>	<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.	980	37	Monday to Wednesday 08:00AM to 02:00PM or 3:00PM to 9:00PM Beginning every January, May and September
<b>MND</b>	<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.	+2006	+61	Monday to Friday 08:00AM to 02:00PM Starts every January, May and September
<b>MTC</b>	<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.	+4256	+137	Monday to Friday 08:00AM to 02:00PM Starts every January, May and September

1 out of 3  
studentsstudents choose a combined  
program to complete their  
studies with specific skills.100%  
customizedCombined 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 875 LH	PEC-D1 234 LH	PEC-D2 234 LH	PEC-H 234 LH	PEC-T 300 LH	ECD 160 LH	DCS 408 LH	S3 520 SH	S6 520 SH	S12 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 <small>*different price</small>	1296	1040	2336	●				●	●			●	
<b>GDC-E</b>	GDC – This version includes PCAC + PEC-X + DCS + S6 <small>*different price</small>	1456	1040	2496	●	□		□					●	
<b>GDC-TE</b>	GDC – This version includes PCAC + PEC-T + DCS + S6 <small>*different price</small>	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



I'm CIBer





# 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....

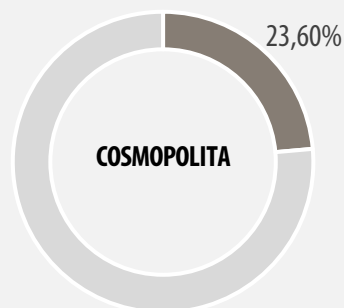
All of them coexist with the **historical Barcelona**, a city made from a small Roman one to an international metropolis with an architecture that has left its mark for more than two thousand years. **The Gastronomic Barcelona** is an international benchmark in culinary innovation, becoming the world 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.



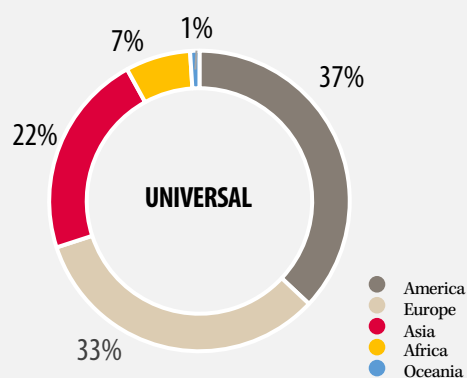


Barcelona is that place where people from all over the world converge to study, work or simply stay by.

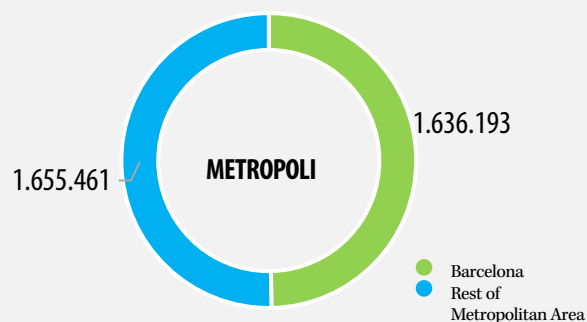
Foreign residents in Barcelona



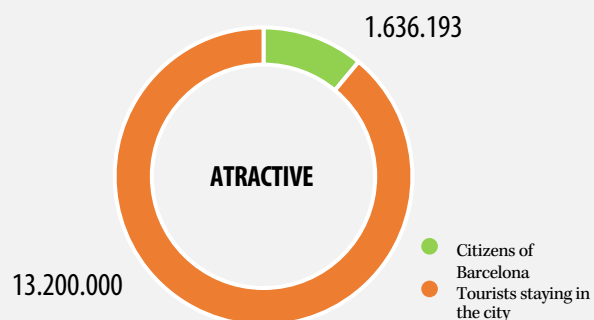
Origin of foreign residents in Barcelona



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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