

PEC·H

INTEGRATIVE & HEALTHY COOKING

For individuals, chefs, or professionals in the field of nutrition who seek to integrate health into the 21st-century gastronomy.

CIB®

PEC·H
Integrative &
Healthy Cooking

PEC-H – Integrative & Healthy Cooking
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®
TOM

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

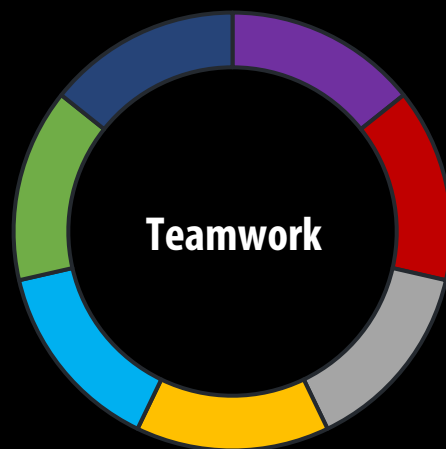
Learning to work as a team, using humility, generosity and intelligence is part of the learning that the CIB students appreciate the most.

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 PEC·H?



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)

Demonstrative (D)

We attend demonstrations by the best product and technical specialists.



Practical (T)

We work in our kitchens and pastry lab 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 steer away from traditional classrooms and the rigid, hierarchical structure of a teacher delivering monologues to students. At the Culinary Institute of Barcelona, participatory sessions are conducted in circles, typically within dynamic classes.

The language shifts naturally, becoming synchronous between students and teachers, **offering a freedom of expression you've likely never experienced before.**

Spontaneity emerges within just a few days of practice, and the quality of questions and the depth of learning increase exponentially. This is why we call this session format "participatory."

PEC·H subjects that include this format:

	Framework
	Cultural Background
	Future
	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.

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

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

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

PEC-H 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 kitchens of the CIB you will feel free and safe because in the creative process, error is a very important component.

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

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

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

PEC·H subjects that include this format:



Applied Technology



Challenge



EXPERIENCIAL

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

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

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

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

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

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

PEC·H subjects that include this format:

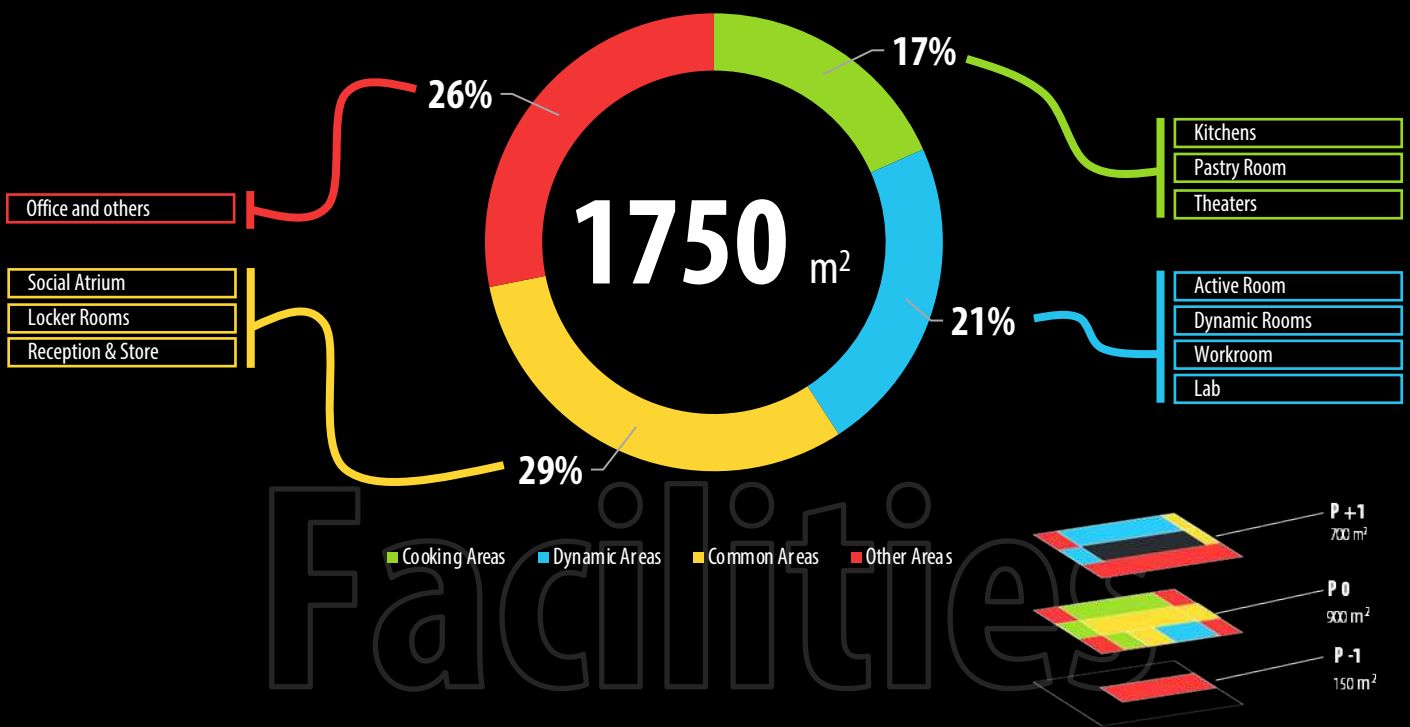


Explorer



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 the entrance to the CIB building. The space is modern with a dark, polished floor and a ceiling with recessed lighting. Large glass windows on the left side allow natural light to enter. A group of people, including students and staff, are gathered near the entrance, some looking at a display or talking. On the right, a dark wall features the word "pioners" in a large, white, sans-serif font, oriented vertically. Below it, there is a quote in Spanish: "La esperanza es desear que suceda, la fe es creer que va a suceder, la valentía es hacer que suceda".

ENTRANCE

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

A photograph of the atrium of the CIB building. The space is bright and open, with a high ceiling and large windows. A prominent black cylindrical pillar stands in the center. People are seen walking and talking in small groups. In the background, there are glass railings and a staircase. A large world map is visible on the wall in the distance.

ATRIUM

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

ACTIVE ROOM

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



THEATRES

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



KITCHENS

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



PASTRY ROOM

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





WORKROOMS

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



DYNAMIC ROOMS

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

SKYLAB

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



PEC.H

INTEGRATIVE & HEALTHY COOKING

For individuals, chefs, or professionals in the field of nutrition who seek to integrate health into the 21st-century gastronomy.



Beyond healthy and integrative cuisine

The PEC-H, the culinary specialization program of the Culinary Institute of Barcelona, **opens a new chapter in the way we perceive and experience food.**

Healthy cooking is both the present and the future. It has become an integral part of new consumer habits and reflects a growing global awareness. It is not merely a trend but a necessity, because a healthy diet begins in the kitchen.

With a rapidly growing and increasingly demanding market, healthy cuisine is an essential foundation of the gastronomic offerings in restaurants and nutrition-related services. It meets the needs of clients who follow a plant-based diet or must exclude certain foods for therapeutic reason.

The Integrative & Healthy Cooking program merges food science and health with culinary practice, transforming it into **gastronomy that promotes physical, mental, and social well-being.** This groundbreaking course **fuses nutritional science with culinary creativity**, providing a unique gastronomic experience.

Students will explore the world of fresh, seasonal ingredients, learning to **optimize their nutritional properties without compromising flavor or presentation.** Under the guidance of expert chefs and professionals in healthy eating, they will discover innovative cooking techniques that preserve nutrients while enhancing the natural flavors of food.

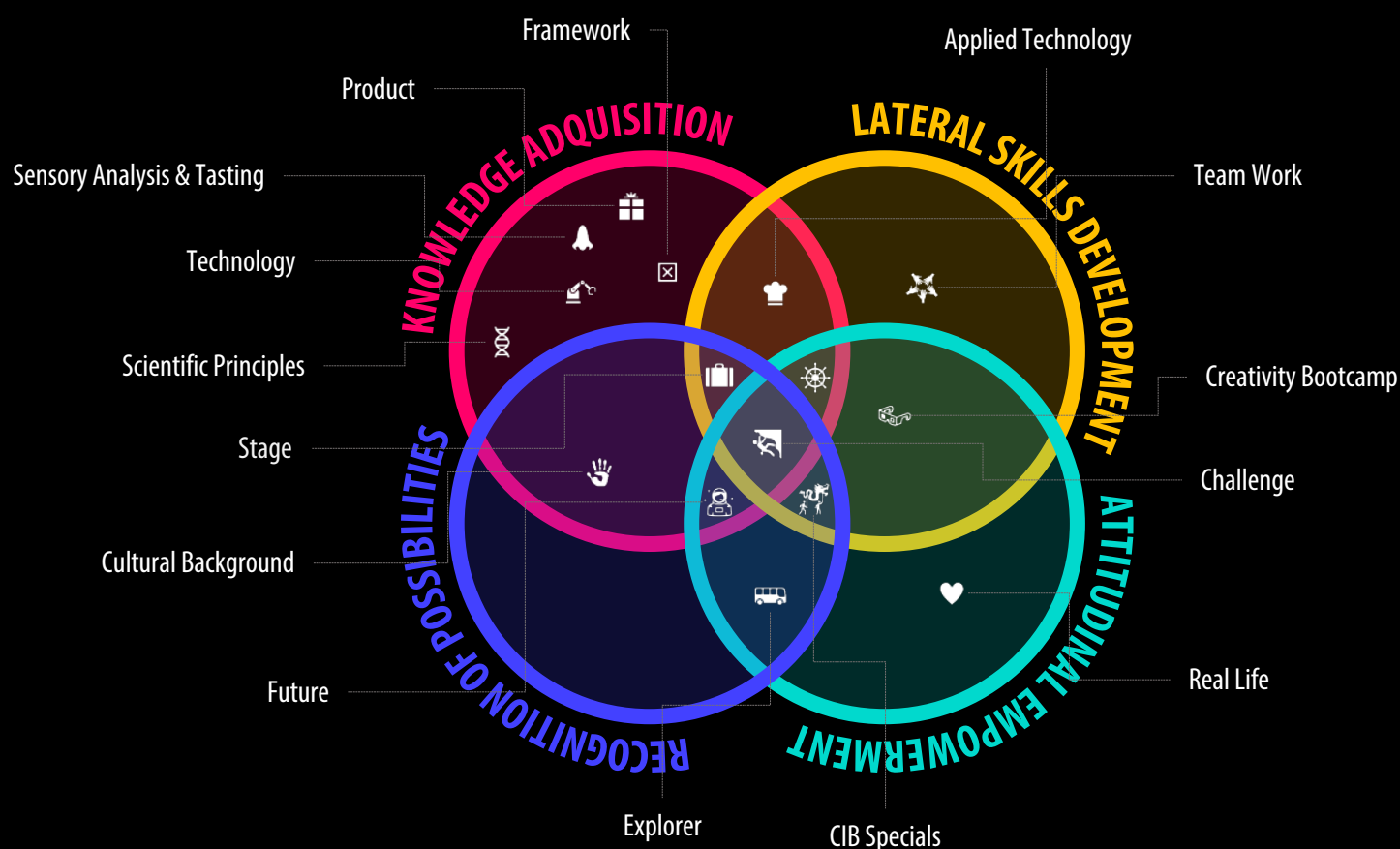
Throughout the program, participants will develop the skills to design balanced menus, tailored to diverse dietary needs and preferences, becoming true specialists in integrative cuisine. The Integrative & Healthy Cooking approach will empower them to create delicious dishes that not only nourish the body but also delight the senses

This course offers a unique opportunity to adopt a holistic approach to cooking, where health and well-being come together. Get ready to explore a world of healthy flavours and transform your passion for cooking into a rewarding, nutrition-driven culinary experience.

It is time to break conceptual barriers surrounding diets, **discover new ingredients, products, and culinary techniques**, and reshape the current gastronomic landscape with an approach that is **appealing, personalized, integrative, coherent and sustainable.**

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.

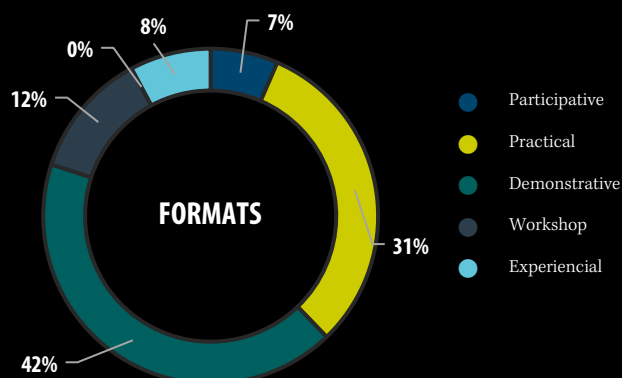
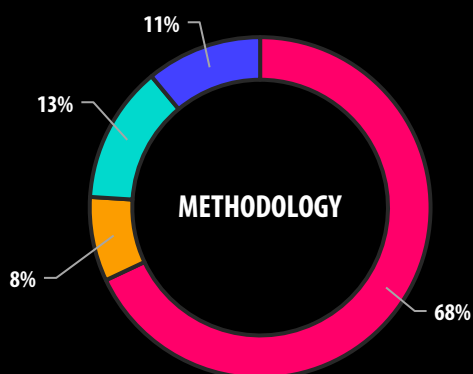
The second area, **lateral skills development**, is fundamental for our students. Not only do we seek to acquire technical skills in the kitchen, but we also cultivate interpersonal, leadership and problem-solving skills. We recognize that teamwork, effective communication and adaptability are indispensable 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 ACQUISITION	Product Knowledge	📦	PRODUCT	Raw and processed materials	23
	Technology Knowledge	🧬	SCIENTIFIC PRINCIPLES	Food Physics and Chemistry	122
		🔧	TECHNOLOGY	Culinary Techniques	
		👨‍🍳	APPLIED TECHNOLOGY	Culinary Practice	
		⚡	CULINARY TRENDS	21 st century trends	
	Context Knowledge	📦	FRAMEWORK	Management + Food Safety + Hygiene	12
		👤	CULTURAL BACKGROUND	Health's antropology	
		📺	FUTURE	A look at what's to come in the 21st century	
LATERAL SKILLS DEVELOPMENT	Manage Yourself	🧠	CREATIVITY BOOTCAMP	Development of Lateral Thinking	12
	Manage Others	🦋	TEAMWORK	Teamwork skills	6
ATTITUDINAL EMPOWERMENT	Leadership Attitudes	❤️	REAL LIFE	Real case testimonials	3
	Social Attitudes	👥	CIB SPECIALS	Hola Day + Tsunami + Rendezvous + Don't Stop Me Now	10
	Professional Attitudes	🚌	EXPLORER	Experiential learning	18
RECOGNITION OF POSSIBILITIES		🚀	CHALLENGE	Our unique way of evaluating you	24

TOTAL LECTIVE HOURS 230



More than
25
professionals for you

Adrià Benages
Albert Mendiola
Àlex Todó
Aniello Porcelli
Anjalina Chugani
Anna Nadal
Anna Paré
Antonia Cerrudo
Carlos Sánchez
Clara Pallarès
David Martínez
David Palau
Edgar Barrionuevo
Eduard Bosch
Enric Coderch
Ferran Fisas
Francesc Balagué
Íngrid Farré
Jordi Reixach
Juanmi Íñiguez
Karla Lovo
Laia Martín
Lucila Canero
Ona Mundó
Patricia Jurado
Pep Nogué
Ramon Perisé
Salvador Brugués
Xavier Aguado
+
Invitados Expertos



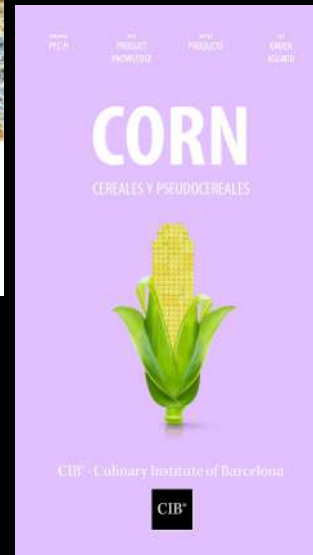
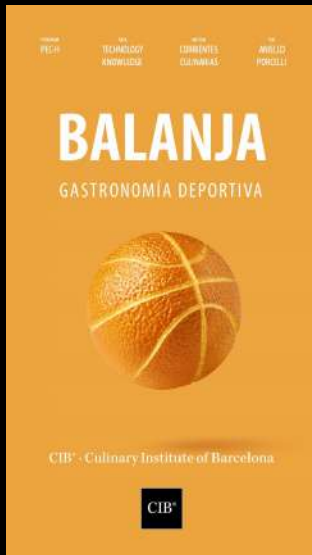
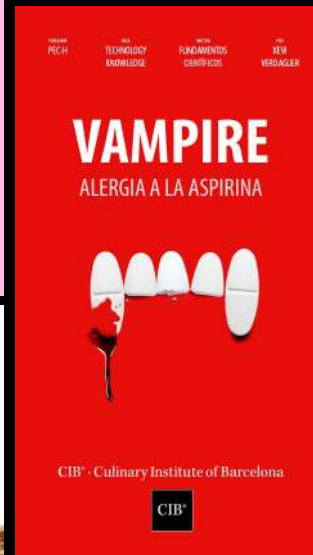
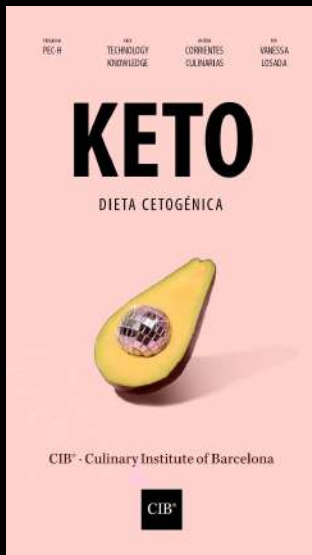
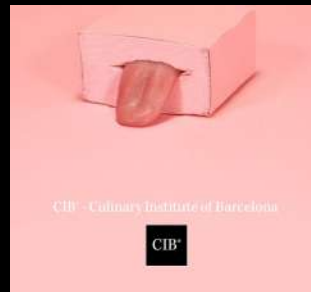
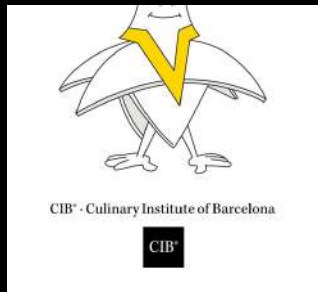
At the CIB®, each session is important and unique, so each session has its own visual identity, its own unique name and, some of them, even its own music.

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

75

Active learning
sessions



PEC·H

Pensum

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.

157 HOURS

61 SESSIONS

KNOWLEDGE OF PRODUCT

Cooking is a process of transformation through physics and chemistry, and understanding why things happen is essential when working with biological products such as ingredients. This includes knowing their organoleptic properties, origin, handling, and the extent of their transformation.

Knowing about ingredients is not enough—you must love and truly understand them.

HOURS	SESSIONS	FORMAT
23	15	D

KNOWLEDGE OF TECHNOLOGY

The knowledge and practice of various culinary techniques enhance your ability to create innovative and exciting dishes. Whether you are using ancestral techniques to prepare a traditional dish or applying advanced gastronomic science to craft something entirely new, every technique you master expands your opportunities to be creative and innovative in the kitchen.

HOURS	SESSIONS	FORMAT
122	42	D T

KNOWLEDGE OF CONTEXT

Food is a fundamental part of a society's identity and, at the same time, a driving force for change. To transform the way we cook, it is essential to understand the cultural context that surrounds it—exploring the importance of local ingredients, the impact of our choices on gastronomy, and how each dish can contribute to a more conscious and environmentally respectful model.

HOURS	SESSIONS	FORMAT
12	4	P



Knowledge of PRODUCT

By: Xavier Aguado
Adrià Benages
Íngrid Farré
Juanmi Íñiguez
Carlos Sánchez
Lucila Canero
David Martínez Olivé
Albert Mendiola
Anjalina Chugani



PRODUCT

The evolution of these products over the past 200 years has been greater than throughout the entire history of humanity. The ease of accessing them in any retail setting today has led us to overlook many factors, such as origin, cultivation methods, livestock quality, production types, and appropriate nutritional quantities, among others.

Fortunately, **there is a growing trend among consumers who care about what they eat, and the food industry now offers clearer and more transparent information.** With a more informed and demanding audience, professionals must rise to meet these expectations. The chef of the future must be fully aware of every stage involved in the life cycle of food products to maximize their potential and achieve the best possible results.

The product-focused sessions of the PEC-H program have the following objectives:

- **Understanding the characteristics and limitations of ingredients:** Each product and raw material has unique properties. Knowing these properties will allow you to make the most of every ingredient and avoid common mistakes or issues.
- **Combinations and contrasts:** A deep understanding of ingredients also enables you to experiment with different flavor, texture, and color combinations. Knowing which ingredients pair well together can open up a world of possibilities for creativity in the kitchen.
- **Seasonal awareness and sustainability:** Familiarity with raw materials helps you stay informed about seasonal ingredients, which can directly impact the quality and flavor of your dishes. Additionally, a solid understanding of food products allows you to make more sustainable and ethical purchasing decisions.
- **Exploring alternative products for different dietary needs:** This includes vegan and gluten-free desserts, dairy and dairy substitutes, plant-based proteins, and high-quality animal proteins.

HOURS



23

SESSIONS



15

FORMAT



D

By:
Xavier Aguado, Adrià Benages, Íngrid Farré,
Juanmi Íñiguez, Carlos Sánchez, Lucila Canero,
David Martínez Olivé,
Albert Mendiola, Anjalina Chugani

Knowledge of TECHNOLOGY

By:

Anna Paré
Anna Nadal
Íngrid Farré
Àlex Todó
Laia Martín
Salvador Brugués
Enric Coderch
Adrià Benages
Xavier Aguado

Carlos Sánchez
Karla Lovo
Juanmi Íñiguez
Lucila Canero
Anjalina Chugani
Aniello Porcelli
Carlos Sánchez
Ramon Perisé
Edgar Barrionuevo



SCIENTIFIC PRINCIPLES

Understanding the foods that make up our diet from a health perspective will help you grasp how nutrition interacts with the body and why certain foods should be more present than others. **This subject covers advanced concepts in food and nutrition**, essential for understanding what constitutes a healthy diet and how to promote it, both on a personal level and within the restaurant industry.

Cooking is a process of transformation through physics and chemistry, and it is essential to understand why these transformations occur when working with biological products such as food.

These sessions of the PEC-H program have the following objectives:

- **Understanding the difference between** eating and nourishing oneself—in other words, learning to eat intelligently.
- **Recognizing the chemical reactions** that take place in the human body depending on different types of diets and acquiring knowledge in psychoneuroimmunology (PNI).
- **Exploring the nutritional principles** of various dietary approaches to promote a healthy, balanced diet, tailored to different needs and lifestyles.
- **Understanding how each food interacts** with the human body and how it can contribute to functional nutrition, depending on how it is combined with other foods or dietary patterns.
- **Applying advanced principles of nutrition and healthy eating**, developing criteria for selecting ingredients and techniques that support well-being, both at an individual level and within the restaurant industry.



TECHNOLOGY

If there is something that defines us and separates us from the rest of the animals, it is the use of technology. The capacity we have **to solve a problem or conflict through the use of concrete techniques is immense**. Starting off with the cutting tool, followed by the fire and the immense amount of materials for cooking, to the preservation of food, fermentation, and avant-garde techniques...

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

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

These sessions of the PEC-H program have the following objectives:

- **Expanding your skill set:** By learning a wide range of culinary techniques, from the most traditional to the most cutting-edge, you will acquire a comprehensive set of skills that can be applied in various kitchen settings. You will understand how to use **sous-vide and low-temperature cooking** to preserve nutrients, flavors, and aromas; explore the **fermentation process** in products like tempeh, koji, kimchi, and kombucha; and discover techniques from Ayurvedic cuisine.
- **Adaptability:** Mastering multiple techniques allows you to adapt to a variety of culinary situations and requirements, ensuring versatility in different cooking environments.
- **Innovation:** By understanding both traditional and modern techniques, you will be able to combine or modify them in innovative ways to create new dishes and presentations. Those who do not innovate are destined to disappear.
- **Understanding the science of cooking:** Some cooking techniques lead to nutrient loss and a reduction in food properties. You will learn to apply the most appropriate techniques to create healthier dishes with gentler cooking methods that preserve the integrity of ingredients.

HOURS



30

SESSIONS



15

FORMAT



D

By:

Anna Paré,
Anna Nadal

HOURS



20

SESSIONS



9

FORMAT



D

By:

Íngrid Farré, Àlex Todó,
Laia Martín, Salvador
Brugués, Enric Coderch

Knowledge of TECHNOLOGY



APPLIED TECHNOLOGY

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

These sessions of the PEC-H program have the following objectives:

- **Practical Application of Theory:** Cooking is a highly practical discipline. No matter how much theoretical knowledge one has about culinary techniques, ingredients, and scientific principles, true understanding only comes through hands-on experience. This subject allows you to apply what you have learned in a real and tangible environment.
- **Development of Manual and Creative Skills:** Cooking requires a blend of technical and creative abilities. The "Applied Technology" course enables you to practice and refine your technical skills, from proper ingredient cutting to handling various kitchen tools, all within a framework that encourages experimentation and creative expression.
- **Enhancing Cooking Techniques:** Understanding scientific principles can help improve your culinary skills. For instance, learning how different types of heat transfer (conduction, convection, and radiation) affect cooking allows you to make precise adjustments for better results.
- **Innovation and Creativity:** By grasping food sciences, you can break down recipes into their fundamental principles, allowing for more effective experimentation and culinary innovation.
- **Problem-Solving Experience:** The kitchen environment presents challenges and unexpected situations. This course will teach you to think quickly, adapt, and find creative solutions to overcome obstacles.
- **Feedback and Continuous Improvement:** In Applied Technology, you will receive constructive feedback from both instructors and peers. This input is invaluable for learning and growth. Additionally, the ability to taste and evaluate your own creations will refine your sensory skills and deepen your understanding of how your culinary decisions impact the final product.



CULINARY TRENDS

Humanity has never faced as many changes as it does in this new era that is just beginning. These transformations impact every aspect of society, including the economic, cultural, technological, health, political, and ethical spheres.

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

These changes also extend to **the world of healthy and integrative cuisine. New trends and culinary styles** are emerging at an increasing pace, requiring careful study and adaptation. The world is evolving at breakneck speed—if you cannot adapt, the future will leave you behind.

These sessions of the PEC-H program have the following objectives:

- Providing you with a comprehensive global perspective on **emerging trends** in the market, restaurants, **medical and nutritional practices**, and **private chef services**—all guided by expert faculty who bring their firsthand professional experiences.
- Introducing you to **culinary movements and trends** that are becoming increasingly prominent in the field of healthy cuisine, including cooking with **seaweed, mood food, raw food**, gastrobotany, edible cultivated fungi, and **allergen-free desserts**.
- Expanding your culinary and cultural knowledge through **demonstrations of innovative techniques and contemporary philosophies**, with a special emphasis on the ongoing plant-based revolution and its influence on modern gastronomy.
- Offering an introduction to elite sports nutrition and its relationship with gastronomy, as well as the development of specialized diets tailored to the unique needs of **high-performance athletes**.

HOURS



48

SESSIONS



14

FORMAT



T

By:
Adrià Benages, Xavier
Aguado, Carlos
Sánchez, Karla Lovo,
Juanmi Íñiguez, Alex
Todó, Lucila Canero,
Salvador Brugués, Enric
Coderch, Anjalina
Chugani

HOURS



24

SESSIONS



4

FORMAT



T

By:
Aniello Porcelli, Carlos
Sánchez, Ramon Perisé,
Edgar Barrionuevo

Knowledge of CONTEXT

By: Sandra Descamps
David Palau
Clara Pallarès
Patricia Jurado
Invitados expertos

FRAMEWORK

Every day, more people eat away from home for various reasons, whether at work or in restaurants during leisure time or vacations. For this reason, it is crucial for industry professionals to work effectively to ensure all aspects of quality in their offerings—not only in terms of sensory experience but also in nutritional value and hygiene. They must be capable of properly handling food and beverages at every stage of the food supply chain in which they are involved.

The Framework sessions cover all topics related to the working environment, with a special focus on food safety.

These sessions will allow you to:

- To ensure that, as a student, by the end of your studies, you are fully prepared to take responsibility for complying with food safety standards.
- To learn how to properly prevent cross-contamination and identify critical control points.

MARCO CULTURAL




Food is both a reflection of culture and a powerful tool for transformation. If we aim to create profound societal change, we must integrate it into habits, traditions, and ways of life. This space fosters reflection on sustainability, local products, and the impact of culinary choices on the environment.

Every dish we create is an opportunity to transform the world by promoting **a cuisine that respects natural cycles, values local ingredients, and fosters sustainable dining models.** Understanding the cultural context of food allows us to move toward a future where gastronomy is not only a form of creative expression but also a commitment to both the planet and its people.

These sessions of the PEC-H program have the following objectives:

- Discard the idea that gastronomic knowledge is a minor knowledge that only concerns an elite of society.
- Observe gastronomy as a crossroads of cultural and historical paths.
- Analyze how technology influences food preparation and its evolving role in modern cuisine.
- Discuss about the various culinary traditions of the world to gain a deeper understanding of their unique characteristics.

HOURS	SESSIONS	FORMAT	By: Sandra Descamps
 1,5	 1	 P	

HOURS	SESSIONS	FORMAT	By: David Palau, Clara Pallarès
 4,5	 2	 P	

Knowledge of **CONTEXT**



FUTURE

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

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

They will give you a great competitive advantage over others.

These sessions of the PEC-H program have the following objectives:

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

HOURS



6

SESSIONS



1

FORMAT



P

By:
Patricia Jurado
Expert Guests



I wanna be CIBer

LATERAL SKILLS DEVELOPMENT

18
HOURS

2
SESSIONS

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

In a kitchen, it is not only necessary to master culinary techniques, but also to work as part of a team, and to use the creative lateral thinking.

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

Be good professionals, yes. But also good people.

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	FORMAT
12	1	W

HOURS	SESSIONS	FORMAT
6	1	W



Manage YOURSELF

By: Eduard Bosch
Jordi Reixach



CREATIVITY BOOTCAMP

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

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

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

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

HOURS



12

SESSIONS



1

FORMAT



W

By:
Eduard Bosch,
Jordi Reixach

Manage YOURSELF

By: Antonia Cerrudo



TEAM WORK

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



6

SESSIONS



1

FORMAT



W

By:
Antonia Cerrudo



ATTITUDINAL EMPOWERMENT

31
HOURS

8
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
3	1	P

HOURS	SESSIONS	FORMAT
10	4	W

HOURS	SESSIONS	FORMAT
18	3	E



LEADERSHIP

Attitudes

By: Juanmi Íñiguez
Guests Experts



REAL LIFE

The best way to learn is through emotions, and nothing evokes emotion quite like people. Real Life offers the opportunity to listen to and learn from real individuals who have overcome personal and professional challenges, inspiring awareness of change and fostering a growth mindset within the restaurant industry.

- **Inspiration and Motivation:** Learning about real-life cases of individuals who have overcome personal and professional challenges is both inspiring and motivating. This fosters a resilient attitude and a growth mindset in students.
- **Learning from Mistakes:** Vital lessons are derived from both successes and failures. By understanding the errors and experiences of others, students can avoid falling into similar pitfalls and adopt strategies to overcome obstacles.
- **Understanding Reality:** A realistic view of the culinary world and its challenges is essential for confronting them with a positive and solution-oriented attitude.
- **Developing Self-Leadership:** Stories of self-leadership can help students build their capacity for self-control, self-discipline, and self-motivation.
- **Paradigm Shift:** Mismanagement of resources or personnel is an inherent issue in the restaurant world. However, every problem presents an opportunity. This serves as a chance to encourage students to explore innovative and sustainable ways of running a culinary business.

HOURS



3

SESSIONS



1

FORMAT



P

By:
Juanmi Íñiguez &
Invitados Profesionales

SOCIAL

Attitudes

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



CIB SPECIALS

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

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

HORAS



10

SESIONES



4

FORMATO



W

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

By: Pep Nogué
Staff CIB

PROFESSIONAL

Attitudes

EXPLORER

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

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

- **Connection to Origins and First-Hand Experience:** Experiential learning is a powerful educational approach. By directly meeting producers and witnessing how ingredients are grown and raised, students develop a deeper understanding and appreciation of food. This fosters a greater respect and value for raw ingredients.
- **Biodiversity and the Recovery of Traditional Varieties:** Exploring the work of producers in restoring traditional crop varieties, understanding the impact of native seeds and other healthier products on both nutrition and biodiversity.
- **Education on the Food Supply Chain:** This experience provides students with valuable insight into the entire food chain process, from production to commercialization.
- **Ethical Responsibility:** By confronting the realities of animal exploitation, students can develop a greater awareness and a sense of responsibility as chefs or health professionals. This may lead them to make more ethical and sustainable choices in their future culinary practices.
- **Genetic Evolution of Food and Intolerances:** Investigating how modifications in food have contributed to the rise of new intolerances, reflecting on the importance of choosing less processed and more natural ingredients. Understanding the need to revive ancestral products for a more balanced diet.
- **Inspiration for Creativity:** Learning about the origins and production processes behind each ingredient can inspire students to create dishes that celebrate and highlight these elements, enhancing their creativity in the kitchen.
- **Sports Gastronomy:** Understanding high-performance nutrition in the sports industry, studying the nutritional needs of elite athletes and applying this knowledge to health-focused and performance-enhancing gastronomy.

HOURS



18

SESSIONS



3

FORMAT



E

By:
Pep Nogué & Staff CIB



RECOGNITION OF POSSIBILITIES

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

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

Almost all evaluations are group evaluations, with several components in each team. The work of a 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.

24
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

24

SESSIONS

6

FORMAT

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go + crudo

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cebolla
leche
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olives/evoo
Binds
cereales
Greece
Latin
entr.
especias

3

Ensalada Griega
w/ Med Spices
- olives, cheese,

4

Mantequilla
cakes
Margarina
azúcar
Nuts
leche
NATA
ARROZ
trigo
PATÉ
MA
MAIN
SAISAS + Butter/NATA

5 CEREALS



Recognition of POSSIBILITIES



CHALLENGE

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

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

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

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

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

HOURS



24

SESSIONS



6

FORMAT



T

By:
All the CIB teaching
staff





To be 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

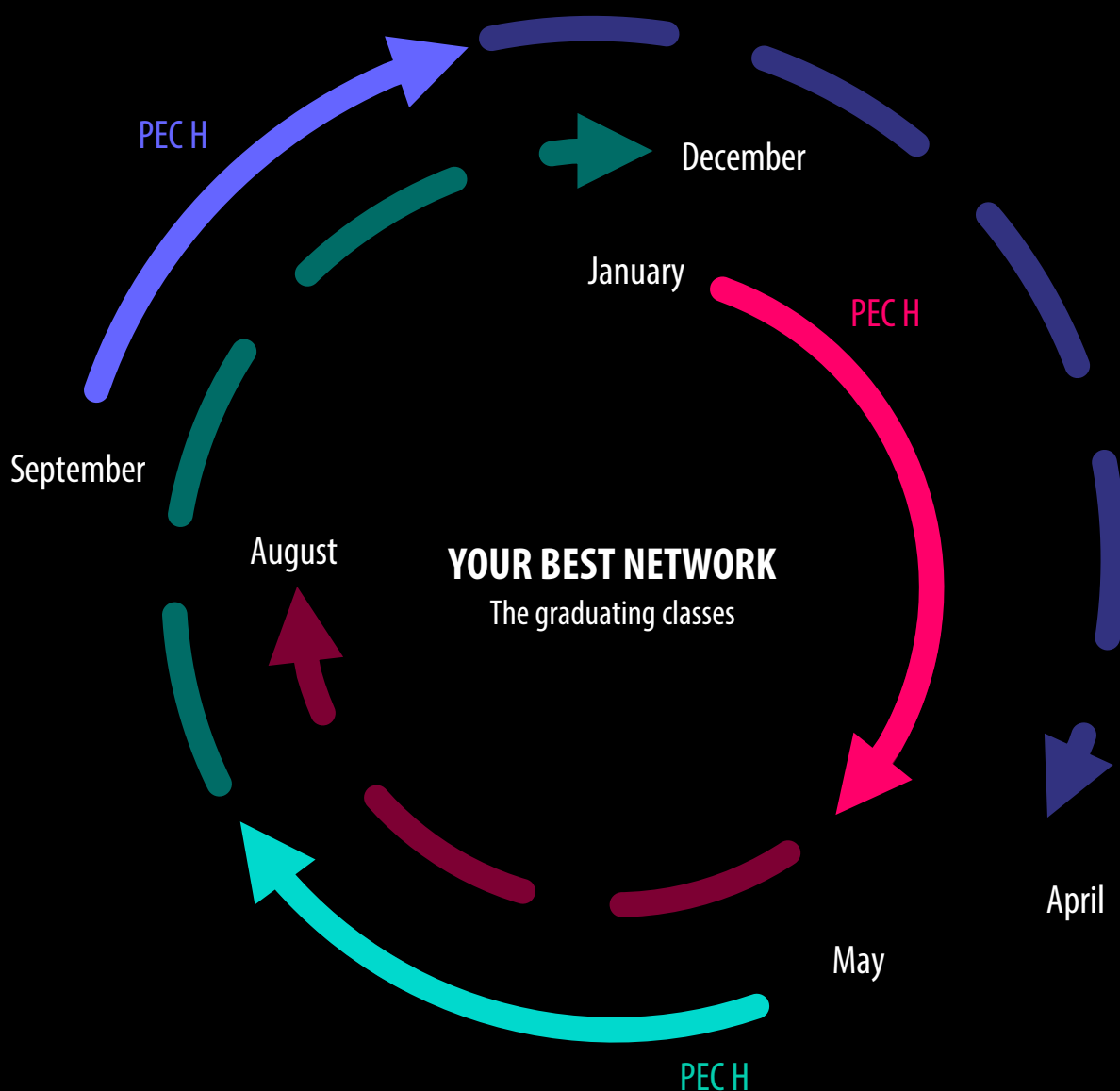
CIBers are disciplined and committed to their culinary training. They fulfill their academic and social obligations, demonstrating dedication and perseverance. Discipline enables them to maintain high quality standards in their work and prepares them for a successful career in the culinary industry.

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 PEC·H takes place 2 or 3 times a year. It consists of 3 months of classes.

Promotions may start in January, May and September. And, in each one of them, they start more than 6 consecutive programs, so you will have the opportunity to establish contact and friendships with many people from all over the world who have the same passion as you.

Age is just a number to become a CIBer

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



18-23

24-29

30-34

35-40

41-50

51-60

61 o más



15%



24%



24%



21%



11%



4%



1%

Average Age

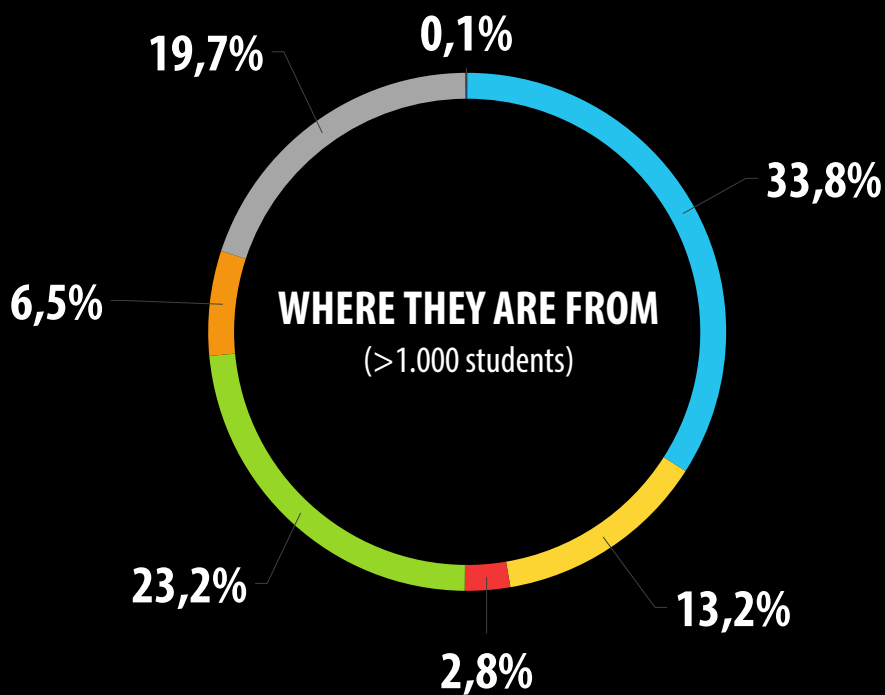
27.5

Gender equality

50%[↑]₊

A world getting smaller

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



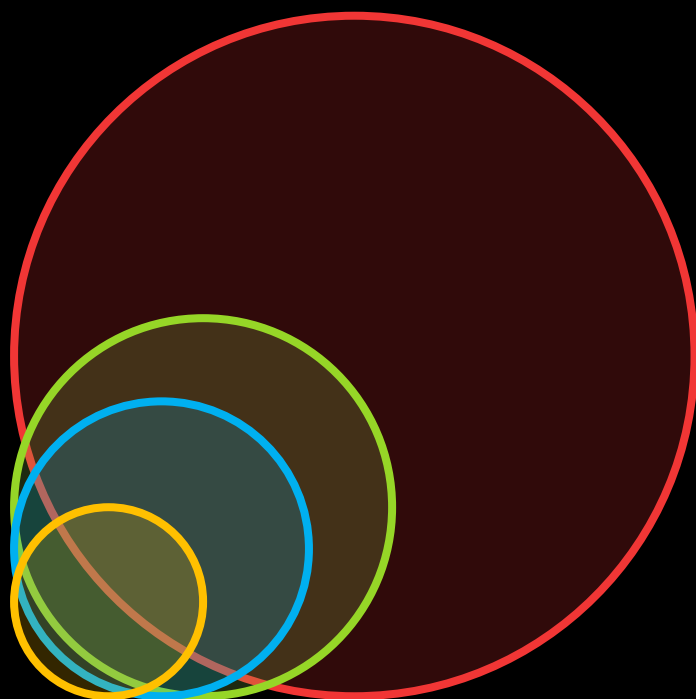
■ Europe ■ Asia ■ Africa ■ North America ■ Central America ■ South America ■ Oceania & Pacific

I choose my dream

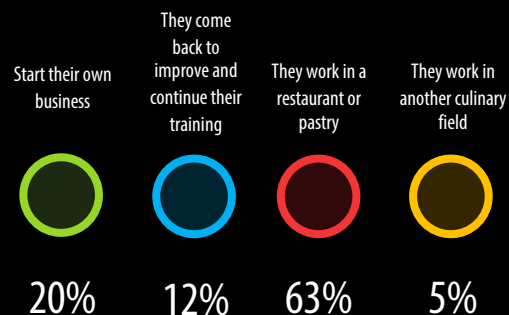
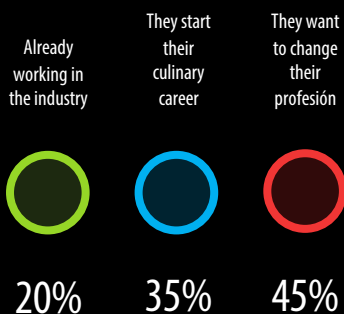
Entrepreneurship is part of CIB's DNA



When they get to the CIB



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



Who will I meet at the CIB?

We have become the epicenter of international networking



*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.**

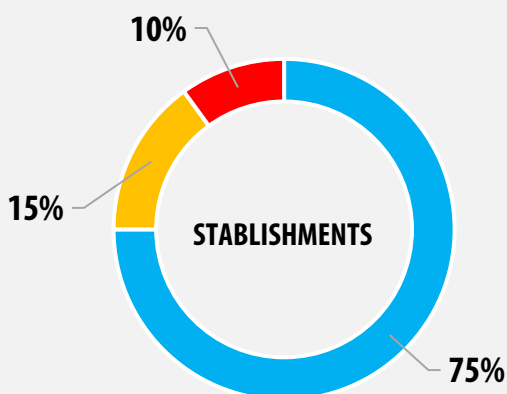
Training at the CIB is focused on entrepreneurship and on empowering students with the necessary skills to start their own project. CIBers are leaders perfectly trained to manage their own initiatives.

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.

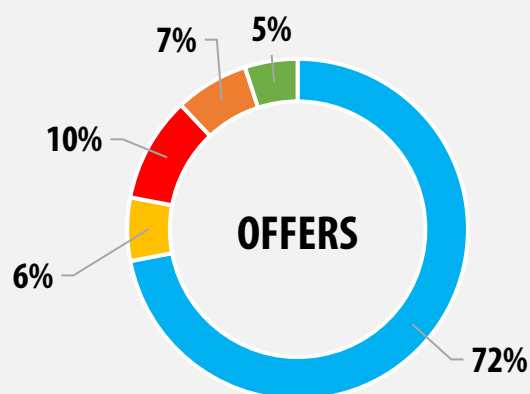
For this reason, we filter the offers in the Job Board one by one to ensure that they are jobs that do not present abusive conditions or poor remuneration.

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

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

1

Evaluation of motivation and cognitive alignment

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



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

2

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

A través del formulario de admisión



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

3

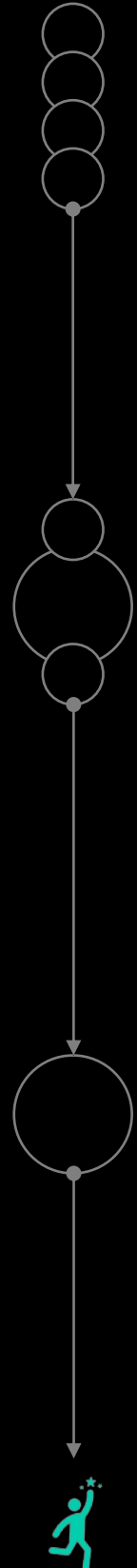
Attitudinal evaluation, cognition, motivation, understanding and level of commitment to the school and its methodology, ability to interact, and group assignment.

Through online interviews with the acceptance committee



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

Enrollment!



Don't stop
your dream!

I want to start

		HOURS	WEEKS	SCHEDULE
PCAC	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
PEC-D1	For the next generation of professionals who want to learn pastry, confectionery, chocolate and complete their chef training or enter the world of sweet cuisine of the 21st century. The first level of our pastry courses.	230	12	Monday to Wednesday or Thursday to Saturday 08:00AM to 02:00PM or 3:00PM to 9:00PM Starts every January, May and September





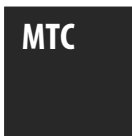
I want to specialize

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

I want to lead or create a business

		HOURS	WEEKS	SCHEDULE
DCS	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
ECD	For chefs who want to take the leap to become executive chefs in companies of different sizes and models, through a practical, tangible and professional learning process guided by great names in the sector.	160	6	Monday to Friday 08:00AM to 02:00 Starts every May and September

I want it all

		HOURS	WEEKS	SCHEDULE
	The Grand Chef Diploma. 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
	The Specialist Chef Diploma. 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
	The Pastry Chef Diploma. 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 or Thursday to Saturday 08:00AM to 02:00PM or 3:00PM to 9:00PM Starts every January, May and September
	The Manager Diploma. 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
	The MetaChef Diploma. 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
Manager Diplomas														
ECP	Professional Executive Chef PCAC + ECD + S6	966	1040	2006	●					●			●	
ENC	Entrepreneur Chef Diploma PCAC + DCS + S6	1226	1040	2266	●						●		●	
ENP	Entrepreneur Pastry Chef Diploma PEC-D1 + PEC-D2 + DCS + S6	880	1040	1920		●	●				●		●	
Specialist Diplomas														
SCD-D	Specialist Chef Diploma in Pastry PCAC + PEC-D1 + S6	1036	1040	2076	●	●							●	
SCD-H	Specialist Chef Diploma in Healthy PCAC + PEC-DH + S6	1036	1040	2076	●			●					●	
SCD-T	Specialist Chef Diploma in Advanced Culinary Techniques PCAC + PEC-T + S6	1136	1040	2176	●				●				●	
PCD	Pastry Chef Diploma PEC-D1 + PEC-D2 + S3	460	520	980		●	●					●		
Gran Diploma														
GDC	Gran Chef Diploma PCAC + PEC-X (D1/H) + ECD + S6	1196	1040	2236	●	□		□		●			●	
GDC-T	GDC – This version includes PCAC + PEC-T + ECD + S6 <small>*different price</small>	1296	1040	2336	●				●	●			●	
GDC-E	GDC – This version includes PCAC + PEC-X + DCS + S6 <small>*different price</small>	1456	1040	2496	●	□		□					●	
GDC-TE	GDC – This version includes PCAC + PEC-T + DCS + S6 <small>*different price</small>	1556	1040	2596	●				●				●	
MetaChef Diploma														
MTC	PCAC + PEC-D1 + PEC-D2 + PEC-H + PEC-T + ECD + DCS + S6 + S12	2176	2080	4256	●	●	●	●	●	●	●	●	●	●

□ Choose one of them



I'm CIBer

An aerial photograph of Barcelona, Spain, showing a dense urban landscape with numerous buildings and the prominent Sagrada Família in the center. The city is surrounded by green hills in the background.

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

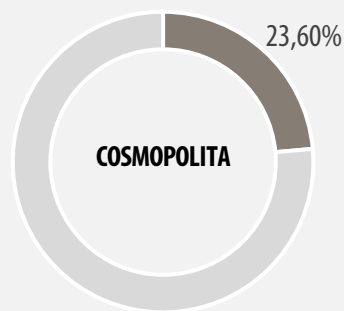
everything in the city. **Sporting Barcelona.** Barcelona is not only Messi and soccer. Since the 1992 Olympics, the city celebrates every year the main sports competitions of the world in F1, basketball, athletics, rugby, field hockey, tennis, horse riding....

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.

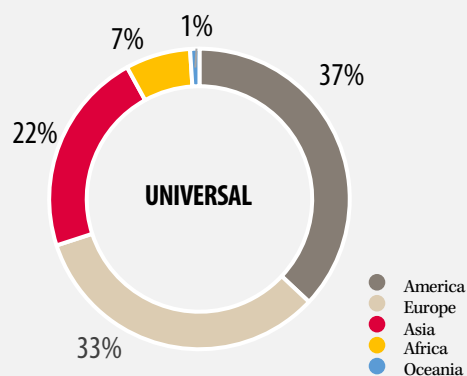


Barcelona is that place where people from all over the world converge to study, work or simply stay by.

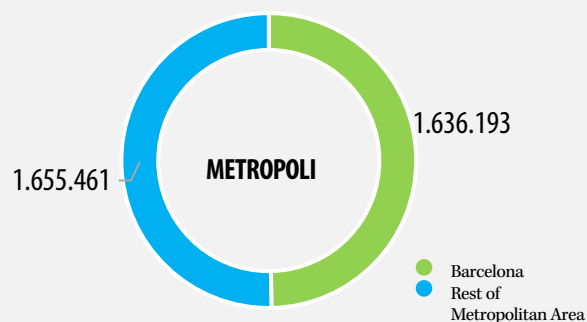
Foreign residents in Barcelona



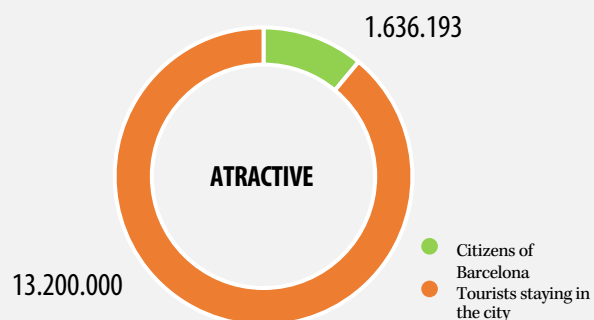
Origin of foreign residents in Barcelona



Citizens of the Metropolitan Area of Barcelona



Visitors in Barcelona



CIB[®]

Culinary Institute of Barcelona

www.cib.education

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