

INTEGRATIVE HEALTHY COOKING

PEC-H • Postgraduate Specialist in
Integrative Healthy Cooking





CIB Manifesto

Ferran Fisas, Pep Nogué and Josep Gala. Founders of The Culinary Institute of Barcelona

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.



Why CIB?

Imagine a school where the impossible is possible

Over the coming years, the world is going to change radically and a new generation of professionals capable of leading this change will be required. We prepare you for it.

Because the CIB has already earned a place among the best cooking schools in the world in its first year.

Because it is a different school with different methodologies, different content and different students.

We love difference from all perspectives.

Because our mission is to create a new generation of professionals who know how to find solutions to the world's problems with a gastronomical approach.

Because changes in the social, economic, cultural, political, health and ecological paradigms require people capable of taking different risks, with alternative ambitions and values.

And we were born to do it.



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

Imagine a school where imagination is as important as doing.

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 CIB.**



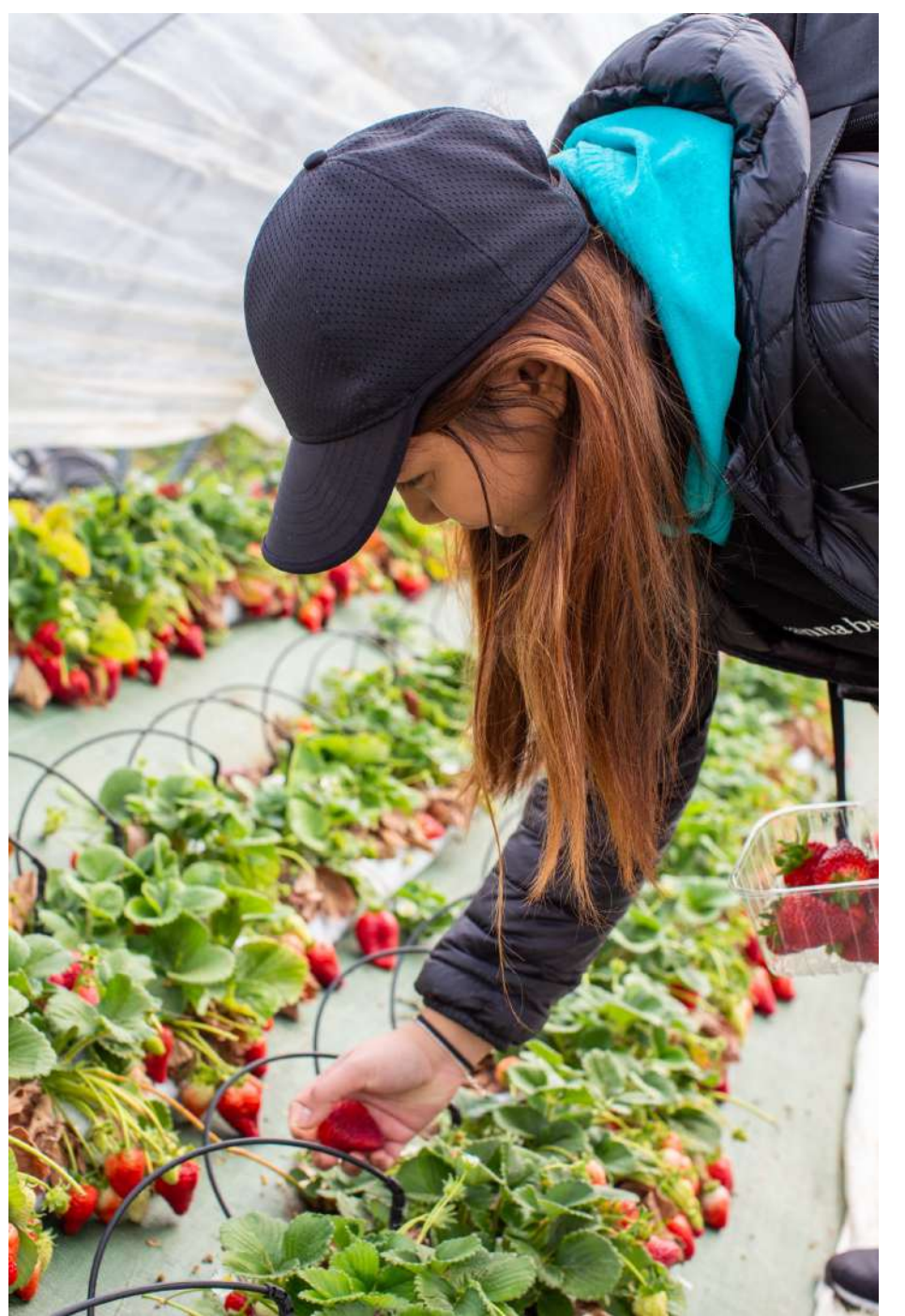
I wanna be CIBer

On the first day, you'll wear the **"I wanna be CIBer"** shirt that makes you a CIB student. On the last day, you'll receive another one that says **"I'm CIBer"**. This is what we call those who study with us at the CIB.

In the labour market, being a CIBer is synonymous with guarantee, creativity, innovation, respect, power, willingness, leadership and interpersonal skills.

Our obsession is not only to transmit knowledge to you, but to help you achieve your goals and dreams, and we do it by showing you the way through attitudes. That's why CIBers are appreciated and respected throughout the professional world: their attitude is always an example to be followed.

Their attitude is what unites them and allows them to have an impact on the future and transform their environment.



PEC-H

Postgraduate Specialist in Integrative Healthy Cooking

PEC-H is the postgraduate course designed for chefs or professionals in the nutritional field who want to integrate healthy cooking in 21st century gastronomy.

Lasting three months, it enables students with or without previous experience in professional kitchens to create, innovate, experience and develop healthy gastronomic proposals for the needs of each consumer.

Students of the Postgraduate Specialist in Integrative Healthy Cooking come to the CIB from all over the world, they have an entrepreneurial profile but most of all, they love creativity and innovation.





PEC-H

Postgraduate Specialist in Integrative Healthy Cooking

DURATION	HOURS	SCHEDULE	STUDENTS	ADMISSIONS	SESSIONS
+3	246	6	16	3	+100
Months	Teaching hours	Hours per day Mon – Wed 8am-2pm	Each trimester	Trimesters each year starting in January, May and September	Sessions with their own goals and active specialists for each subject

Being a chef in the 21st century means being able to create, innovate, share and lead kitchens with a very different vision than that of traditional chefs.

The Integrative Healthy Cooking Postgraduate course lasts three teaching months with a schedule of 6 hours a day, three days a week and is aimed at all those people with or without previous experience in professional cooking who want to integrate health into gastronomy for their customers.

The PEC-H prepares you to control and manage nutritional balance, adapt healthy cuisine for each consumer with organoleptic knowledge and its most scientific culinary application. It empowers you to master the techniques and skills of professional healthy cooking from different current culinary trends and this enables you to create, adjust and plan the diet for the different physiological stages, diseases and nutritional needs for each person.

As in all CIB programs, the students in this program have an entrepreneurial spirit and come from all five continents.



Much more than Healthy Cuisine.
Our goal is to train the
people of the 21st century

CREATIVITY & INNOVATION + TEAM MANAGEMENT	EXPERIENCES	CIB SPECIALS	WORKSHOPS	CHALLENGE
10%	3	8	3	48
Hours in Lateral Skills applied to C+I and teamwork	Meetings with very special guests	Sessions to align your attitudes with your skills towards the 21st century	Workshops to challenge yourself	Hours of challenges that transversally evaluate everything learned

No matter the knowledge you acquire, your skills and attitudes will set you apart from others.

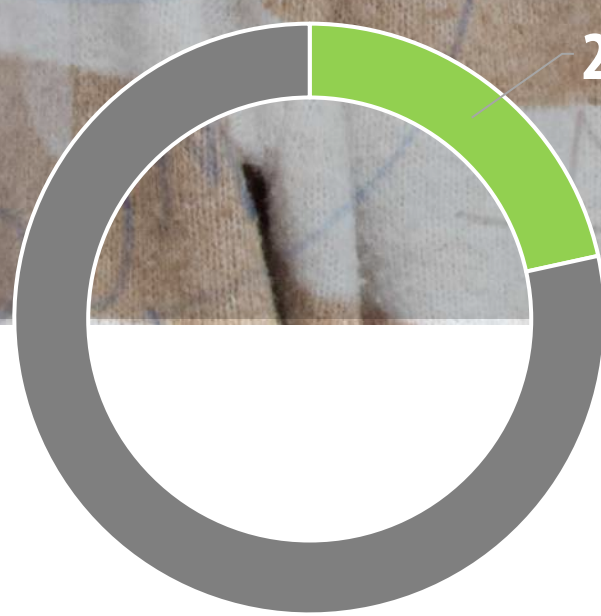
The 21st century has just started, and it is imposing new rules, so we must apply new teaching and learning methodologies.

Our participatory methodology is a clear example of this. We do not offer lectures or monologues but active participation during each classroom session. That is why we sit in a circle so everyone can be in the front row, feeling equal and breaking down hierarchies.

It is not only a matter of knowledge; we will help you develop new skills to face the changes that the 21st century holds for us. We will empower you with the attitudes you need to achieve success, to become a true driver of change.



Why Creativity and Innovation?



22%

22% of the teaching load of this programme is dedicated to creativity, innovation and the empowerment of key attitudes of the 21st century

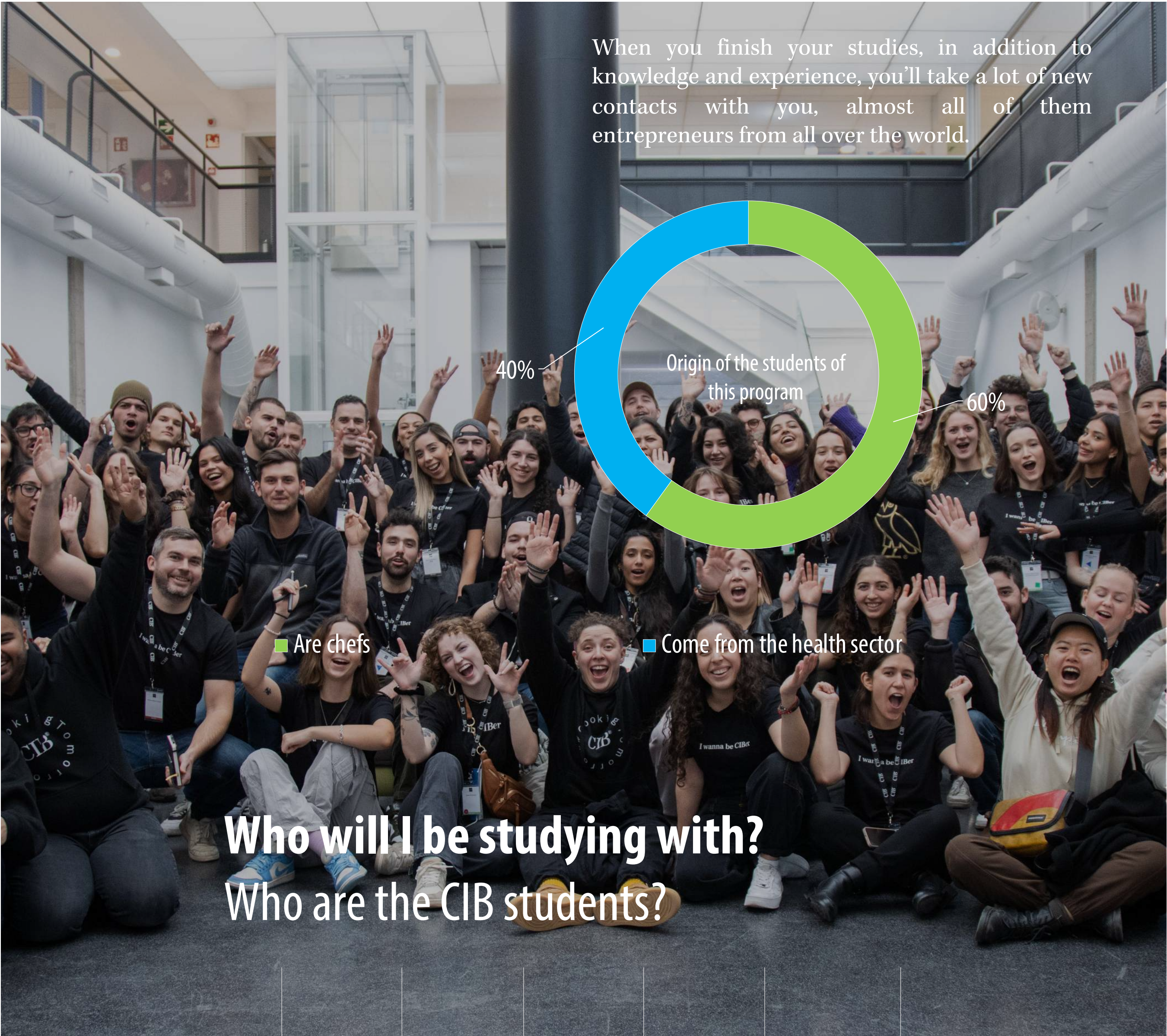
To solve problems faster and better, and to be ahead of others, ahead of your competitors.

The Culinary Institute of Barcelona stands out and is a benchmark of creativity and innovation. That is why universities and companies around the world use our methodology.

Contrary to what most people think, creativity is not a skill but an attitude and a way of doing things. Creativity is the tool that enables you to solve problems, find solutions, quicker and better than others. Creativity is the first step towards innovation.

Innovation is the only possible way for you to be in the lead instead of chasing those who are capable of innovating.

That is why, at the CIB, we give so much importance to both subjects; they are the pillars of our training system.



When you finish your studies, in addition to knowledge and experience, you'll take a lot of new contacts with you, almost all of them entrepreneurs from all over the world.

Who will I be studying with?

Who are the CIB students?

INTERNATIONAL	AGE	PROFESSIONAL EXPERIENCE	ENTREPRENEURS	CULINARY BACKGROUND
75%	28.7	9.8	70%	60%
Of our students come from abroad	Is the average age of our students	Years of experience in the catering, professional kitchen or nutrition sector	Diverse profiles that have already been in business or aim to	Come from a professional gastronomic career

The 21st century requires a different attitude towards food, and people who cook and consume it. That is why new agents of change are needed to make it possible.

The Culinary Institute of Barcelona is much more than a school; it's a place of international exchange where people from different cultures converge thanks to a common passion and goal.

Our students have a strong character and an entrepreneurial and nonconformist spirit. They are agents of change and want to be part of the new paradigms of the 21st century.

More than 60 countries are represented in our classrooms. Our common language is always gastronomy, good humour, and respect for new and old ideas.



What about the facilities at CIB?

1,600m² of learning spaces

AMPHITHEATRES	KITCHENS	ACTIVE CLASSROOM	DYNAMIC CLASSROOM	WORKROOM	ATRIUM	LOCKER ROOM
2	4	120	4	4	1	76
Demonstration classrooms, each equipped for the needs of up to 24 students	Professional kitchens, each equipped with 32 stove burners; dedicated for 16 students (one of these is a Bakery workroom)	Square meters of space in our Activities Classroom where we organize our workshops	Dynamic classrooms for participatory sessions	Fully equipped rooms for students' needs	Central space for networking and connectivity	Square meters of space where your privacy is respected and the highest hygiene standards are maintained

Everything at CIB is designed and prepared for the student: the best technology and the best facilities.

Never before has a culinary school offered so many resources of the highest quality for its students. However, this is not what will surprise you the most.

Our methodology is organically linked to our facilities, which we share with our students at all time, from day one.

Our facilities are always at your service, and you can use them whenever you need to practice or study.



CHALLENGES

Our way of evaluating your progress is your biggest challenge

CHALLENGE	HOURS
3	48
The number of challenges you will participate in during this program	Hours dedicated to challenges, during which you will apply everything that you've learned

The only school in the world where the assessment/exam day is like a party and students look forward to it!

What makes our methodology unique is that it is aimed at teaching you how to define, design, measure and meet objectives.

We apply a cross-cutting evaluation for all skills acquired through the challenges in which you will participate. In addition to having fun, you will feel the learning process as never before. You will have a clear idea of what you have learned and, above all, you will realise the endlessness of the possibilities ahead of you as never before.

And keep in mind that a “C” or “5” here is simply not good enough.



START PROGRAM

Voluntary booster program, so that no one is left behind.

SESSIONS	HOURS	COST
16	32	550€
Optional sessions to get updated	Extra hours for practice in the kitchen	Recommended for participants with no professional kitchen experience

16 extra optional sessions, so you can catch up and practice everything you have learned in our kitchens.

START is the training reinforcement program for CIB students who require some extra help.

The START program helps to improve and refine basic culinary skills. For 2 days of each of the 9 weeks of the program, you will have the opportunity to extend your training hours in the kitchen and practice the techniques you have learned during the regular training sessions.



CIB® TEACHING METHOD

The most important thing for us is to make sure that the student learns

We are a school: our main value is the learning process. That is why we take our educational and academic mission very seriously.

We know that everyone who comes to CIB is willing to learn, hence everything we do is aimed at making sure that this happens.

Our methodology includes a systematic definition of every single objective included in every subject; which is then reflected in the cross-cutting evaluation that we call *challenges*.

Our teachers receive continuous training on our methodology and method of evaluation. We always look for high-level performance in every single class presentation.

We are very demanding with our students, they know that to graduate and get their diploma they must work hard, meet all deadlines, comply with schedules, keep a positive attitude and overcome all *challenges*.

We have a department that creates original CIB learning materials, which serve as learning support for our students.

For us, ensuring successful learning comes first.



44%



Demonstration mode

During these sessions, which usually take place in one of the lecture halls (amphitheaters), our expert professors give their master classes. These sessions can be followed by the students by watching the professor directly or through multiple monitors installed in the classroom, especially when they want a more detailed view of the techniques being demonstrated.

7%



Participation mode

Sessions in the dynamic classrooms where students sit in a circle together with the teacher and actively attend the class. Here, dialogue is always much more important than the teachers' monologue.

17%



Workshop mode

Sessions where students learn through practical exercises that they perform in small groups. These usually take place in the Active Classroom, but sometimes also outside of the CIB facilities.

8%



Experiential mode

Students attend these teaching sessions outside the CIB and learn through real-life experience in other scenarios.

24%



Practical mode

During these sessions, students put into practice the gathered knowledge through assignments and exercises in the kitchen or in the bakery workroom.



CIB® METHODOLOGY

Experience learning through your senses



DEMONSTRATION:

Actions, not just words:

During these sessions, which usually take place in one of the lecture halls (amphitheatres), our expert professors give their master classes. These sessions can be followed by watching the professor directly or through multiple monitors installed in the classroom, especially if a more detailed view of the techniques is needed.

The PEC-H program includes demonstration sessions with more than 30 professionals, all experts in their specific field. During these sessions, their skills and knowledge are at your disposal.

The two amphitheatres are the perfect spot for this type of session. However, sometimes they are performed in the kitchens for example, when butchering or cutting, and other tasks that require a special environment.





CIB® METHODOLOGY

Experience learning through your senses



PARTICIPATION:

Never before has a theory class been so much fun and with such a high level of (actual) learning.

We have ditched the idea of traditional classrooms with their rigid structure of a professor's monologue, which is given from his or her podium to the students. At the Culinary Institute of Barcelona, our dynamic classrooms are equipped with individual chairs with wheels, which can be arranged as needed, changing for each session.

By sitting in a circle we ensure that everybody is in the front row, without the possibility of hiding or feeling constantly in the spotlight. That way, communication between students and teachers changes automatically, becoming synchronised, guaranteeing the freedom of expression that you have never felt before. Spontaneity appears naturally after a few days of practice and so the level of questions and engagement increases exponentially. That is why we call these rooms dynamic and this mode of learning participative.





CIB® METHODOLOGY

Experience learning through your senses



WORKSHOP:

Even though reason teaches you, emotions make you learn. What you experience arouses your emotions and stays with you forever.

During the PEC-H program you will gather experience from workshops, which are aimed at developing creativity, innovation, problem solving and boosting your strengths.

During your studies, you will receive a multicultural and multidisciplinary training, which will give you the advantage of being prepared, much better than anyone else, to face future changes and ups and downs.

Prestigious organisations such as Stanford University, Melbourne’s RMIT, companies, sports entities and institutions are adopting our methodology, workshops, and installations. You will have the privilege of being part of them all.





CIB® METHODOLOGY

Experience learning through your senses

E

EXPERIENTIAL:

To promote respectful attitudes that enable you to face the consumption and transformation of the product responsibly and sustainably, you need to love the raw material.

CIB students learn that farmers, ranchers, fishermen, and producers are the first cooks. Everything depends on them; on the love and wisdom they apply to the product.

At the CIB you will have numerous unforgettable experiences, including fieldwork that you will treasure in your memory and senses for the rest of your life.

In order to learn about different products, you need to love them, feel them, get to know them. Only through this experience can we promote respectful attitudes and sustainable and responsible consumption and transformation of raw materials.

On those days you'll wear your "I wanna be CIBer" t-shirt and be proud of being a privileged member of the CIB: those who know the product firsthand and love it with a passion.



CIB® METHODOLOGY

Experience learning through your senses

R

PRACTICAL:

We know the place you'll enjoy the most is the kitchen, which is why you have three fire cooktops and a workshop at your disposal. Moreover, we add a new ingredient to our school: the permission to make mistakes.

We take pride in not teaching recipes but in developing creativity and innovation in the kitchen. In our kitchens you'll feel free and safe, because mistakes are a very important part of the creation process.

Each kitchen can accommodate up to 16 students so you will feel you have more than enough space. We put all kinds of state-of-the-art machinery and devices at your disposal as well as a storeroom full of top-quality goods. **Everything is for you.**



CIB®

PEC-H
Integrative &
Healthy Cooking



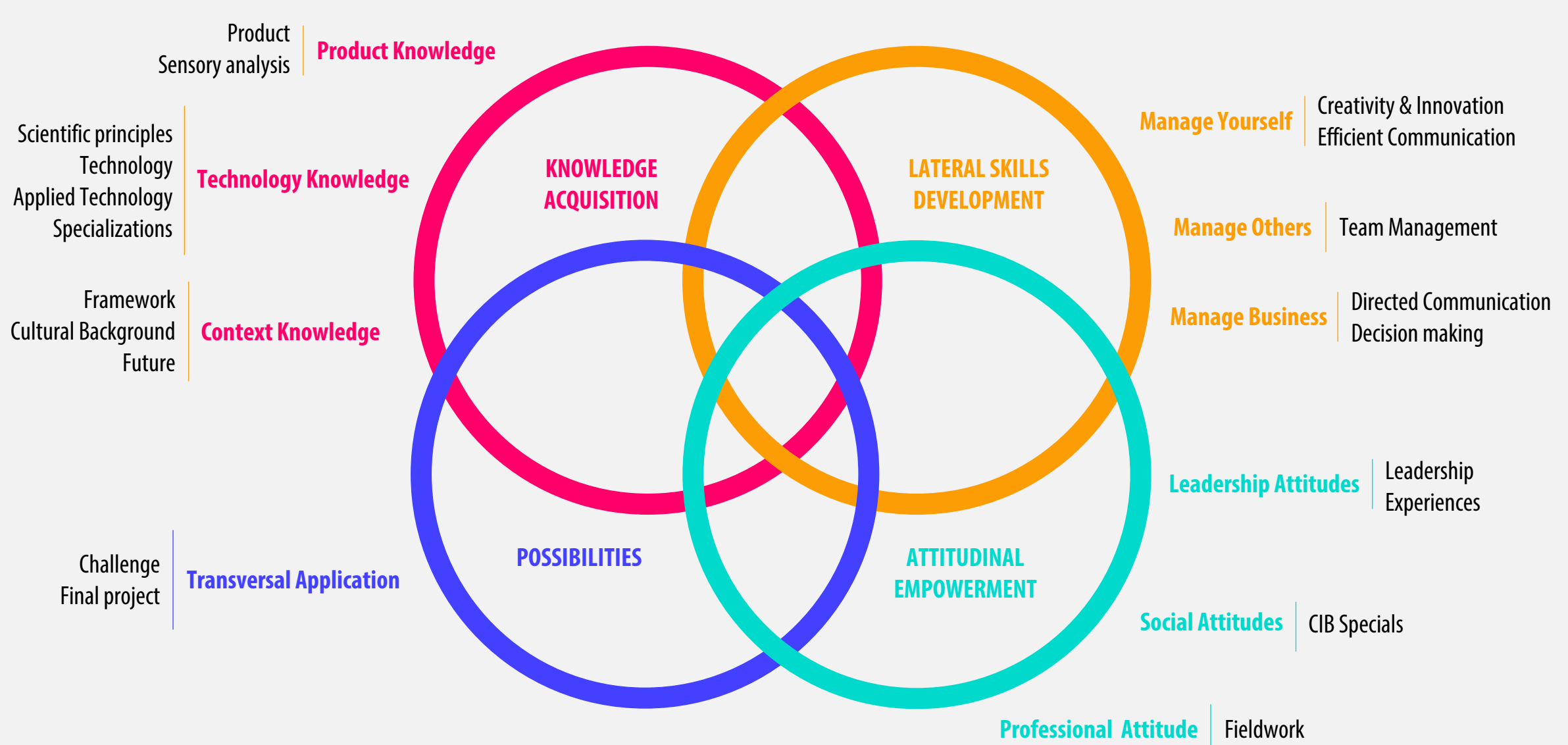
CIB® METHODOLOGY

Much more than acquiring knowledge

No matter how much knowledge you acquire, in working life the most successful person isn't the one who knows the most but who best applies what they know, who best uses their skills. This is not enough; certain attitudes are required to achieve your goals and a high degree of self-knowledge and recognition of the environment to increase the chances of success.

That is why we give as much importance to the development of skills, empowerment of attitudes and possibilities as to knowledge.

We know that these skills and attitudes will be necessary to overcome the paradigm shifts that, like countless tsunamis, will appear in the 21st century.



Therefore, those who study at the CIB immediately stand out from the rest, because, in addition to having incorporated knowledge more profoundly, they have been trained in both skills and attitudes and evaluated to measure their possibilities.



PENSUM

PEC-H

Integrative Healthy Cooking


Scope	Area	Subjects	Hours	
<p>KNOWLEDGE AREA:</p> <p>It refers to all those subjects in which intellectual learning is acquired (from reasoning) by becoming aware of the aspects related to the Why, the How and the What of the subject area of study.</p> <p>At the CIB we divide this into three areas of knowledge acquisition: Product (What we do), Technology (How we do it) and Context (Why we do it).</p>	KNOWLEDGE ACQUISITION	PRODUCT Raw and Processed Materials	20	You cannot create or transform in the kitchen without the knowledge of each of the products involved. Their properties, origin, treatment and scope of transformation are some of the lessons you will acquire in this subject.
		SCIENTIFIC PRINCIPLES Food Physics and Chemistry	108	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 understand and improve any culinary process.
		TECHNOLOGY Culinary Techniques		Know the processes, the different cutting techniques, elaboration, cooking, etc. until mastering them so you can choose which of them is the most appropriate according to the product and the context.
		APPLIED TECHNOLOGY Culinary Practice		Putting everything you have learned into practice will become your favorite subject. And having all the tools to execute your proposals will make you look forward to these moments every week. Fortunately, this is the subject with the most scheduled hours.
		TRENDS New Global Trends		These are sessions where you will get a global vision of the trends in healthy cooking guided by its creators and developers.
		CULTURAL BACKGROUND Anthropology	10	In this subject you will understand gastronomy as a social reality linked to the culture and history of human societies.
		FRAMEWORK Food Safety		The Framework subject includes all the chapters that have to do with the framework of your work, especially food safety, kitchen management and occupational hygiene.
		FUTURE Glimpses into the 21st century		They are glimpses into possible futures as seen through the eyes of expert guests, whether from a technological, product or context point of view. They will give you a great competitive advantage over others.



	Scope	Area	Subjects	Hours	
SKILLS AREA: Without a doubt, we cannot achieve transcendent goals without having the personal skills that help us drive our teams in the same direction. That is why we give importance to the development of lateral skills that we classify as follows: Self-management, team management, and business management.	LATERAL SKILLS DEVELOPMENT	MANAGE YOURSELF	CREATIVITY AND INNOVATION Development of lateral thinking	18	These are sessions where skills related directly to creativity and innovation are taught and put into practice.
		MANAGE OTHERS	TEAM MANAGEMENT Teamwork	6	Today's professional kitchens require people who know how to coordinate and respect each other because never before has teamwork been so important. In these sessions you will understand how teams work and how to manage them efficiently.
SCOPE OF ATTITUDES: The behaviour that each person uses to perform their tasks conditions the result and that of those who accompany them. We must learn that each attitude is the result of a decision, that one decides what attitude to take in the face of each challenge or situation. We divide the attitudinal scope into three areas: Leadership, social and professional attitudes.	ATTITUDINAL EMPOWERMENT	LEADERSHIP ATTITUDES	EXPERIENCES Guest testimonial	6	These are sessions where examples of leadership towards oneself or others are shown through the first-hand account of exemplary and extraordinary life journeys.
		SOCIAL ATTITUDES	CIB SPECIALS Hola Day + Rendezvous + DSMN	12	Sessions that have been designed to empower students to overcome stage fright, foster relationships with others and make them aware and ready for future paradigm shifts. They are surprise sessions when you least expect it.
		PROFESSIONAL ATTITUDES	FIELDWORK Training experiential outputs	18	They are the experiential sessions, generally outside the CIB, where the students experience what others have been able to build, do or design, mirroring the aspects covered during the postgraduate course.
SCOPE OF POSSIBILITIES: We call the capacity to know oneself (self-knowledge) and acknowledgment of the environment the scope of possibilities. At the CIB we treat this area in a transversal way and put it into practice through Challenges (Challenges of transversal evaluation).	POSSIBILITIES	TRANSVERSAL APPLICATIONS	CHALLENGE Challenges	48	Our exceptional way of evaluating. Students must overcome challenges that force them to know their limits and those of their teams. They have to investigate their environment and present solutions using all the knowledge, skills and attitudes they have learned.

KNOWLEDGE ACQUISITION

PRODUCT KNOWLEDGE



PRODUCT

Raw and Processed Materials

You will learn to differentiate, process and apply each ingredient for its nutritional value and to identify its potential for healthy gastronomic elaborations. You will see everything from ancient cereals or healthy fats to alternatives to dairy, spices or healthy drinks.

HOURS	CREDITS	Methodology
20	2	<div>D</div>

KNOWLEDGE ACQUISITION

TECHNOLOGY KNOWLEDGE



TECHNOLOGY

Culinary Techniques

Know the preparation and cooking techniques that make dishes nutritionally balanced and healthy. You will learn everything you need to know about low temperature cooking, fermentation, energy cooking or raw vegan food.

HOURS	CREDITS	Methodology
26	3	<div>D</div>

KNOWLEDGE ACQUISITION

TECHNOLOGY KNOWLEDGE



SCIENTIFIC BASIS


Food Physics and Chemistry

In these sessions you will put into practice the knowledge learned in the theoretical classes through recipes and formulations and teamwork. From gelling agents, fibers or emulsifiers to fermentation, liquid nitrogen, sous vide cooking, impregnation or dehydration.

HOURS	CREDITS	Methodology
32	3	<div>D</div>

KNOWLEDGE ACQUISITION

PRODUCT KNOWLEDGE



APPLIED TECHNOLOGY

Culinary Practice

You will deepen your theoretical knowledge through practice, learning about healthy cooking through the experience of low temperature, fermentation and learning the principles that underpin raw vegan cooking, Ayurvedic nutrition or the ketogenic diet.

HOURS	CREDITS	Methodology
30	3	<div>P</div>

KNOWLEDGE ACQUISITION

TECHNOLOGY KNOWLEDGE




CULINARY TRENDS

New Global Trends

You will learn about various food trends and philosophies that have had a greater impact on healthy eating such as vegetarian and vegan food in haute cuisine, fasting, Ayurvedic medicine, the Mediterranean diet or energy cooking.

KNOWLEDGE ACQUISITION

CONTEXT KNOWLEDGE



FUTURE

Glimpses into the 21st century


These are windows of visualization of possible future scenarios as told by expert guests, whether from a technological, product or context point of view. They will give you a great competitive advantage over others.

HOURS	CREDITS	Metodología
20	3	<div>D</div>

HOURS	CREDITS	Methodology
6	1	<div>P</div>

KNOWLEDGE ACQUISITION

CONTEXT KNOWLEDGE




CULTURAL BACKGROUND

Anthropology

From the anthropology of food you will obtain a sociocultural perspective of the construction of healthy gastronomy. You will understand how this notion has been transformed through history and its current problems.

KNOWLEDGE ACQUISITION

CONTEXT KNOWLEDGE



FRAMEWORK

Food Safety


You will be given the necessary knowledge and values to work in a professional kitchen; you will become aware of the necessary hygiene and food handling measures to prevent cross contamination of food and hidden sources of allergens.

HOURS	CREDITS	Methodology
2	1	<div>P</div>

HOURS	CREDITS	Methodology
2	1	<div>P</div>

LATERAL SKILLS DEVELOPMENT

MANAGE YOURSELF



TEAM MANAGEMENT

Teamwork

Today's professional kitchens require people who know how to coordinate and respect each other because teamwork has never been so important. In these sessions you will understand how a team works and how to manage it efficiently.

LATERAL SKILLS DEVELOPMENT

MANAGE OTHERS



CREATIVITY & INNOVATION

Development of Lateral Thinking


These are sessions where skills related directly to creativity and innovation are taught and put into practice. Special attention is paid to the acquisition of creative methodologies and the development of lateral thinking.

HOURS	CREDITS	Methodology
6	1	<div>P</div> <div>W</div>

HOURS	CREDITS	Methodology
18	3	<div>W</div>

POSSIBILITIES

TRANSVERSAL APPLICATIONS



CHALLENGE

Challenges

Our exceptional way of evaluating. Students must overcome challenges that force them to know their limits and those of their teams. They have to investigate their environment and present solutions using all the knowledge, skills and attitudes they have learned.

HOURS	CREDITS	Methodology
48	4	<div>R</div> <div>A</div>

ATTITUDINAL EMPOWERMENT

SOCIAL ATTITUDES



CIB SPECIALS

Hola Day + Rendezvous+ DSMN

Sessions that have been designed to empower students to overcome stage fright, foster relationships with others, and make them aware and ready for future paradigm shifts. These are surprise sessions that pop up when least expected.

ATTITUDINAL EMPOWERMENT

PROFESSIONAL ATTITUDES



FIELDWORK

Training Experiential Outputs

These are experiential sessions, generally outside the CIB, where students experience first-hand what others have been able to build, make or design around the aspects dealing with healthy gastronomy.

HOURS	CREDITS	Methodology
12	1	W

HOURS	CREDITS	Methodology
18	3	E

ATTITUDINAL EMPOWERMENT

LEADERSHIP ATTITUDES



EXPERIENCES

Guest Testimonials

These are sessions where examples of leadership towards oneself or others are shown through the first-hand account of exemplary life journeys.

HOURS	CREDITS	Methodology
6	1	P



Who leads this program?

Anna Paré

She holds degrees in Pharmacy and Human Nutrition and Dietetics from the University of Barcelona, a Master in Nutrition and Food, Postgraduate in Nutrition, Dietetics and Diet therapy and a specialization in Sports Nutrition.

She is the manager of Nutresalut, where she develops training and dissemination activities on nutrition and dietetics for businesses and universities. She currently works as a dietitian-nutritionist in her practice at Nutresalut; she is a collaborating professor of the Master's Degree in Food in Physical Activity and Sports at the Open University of Catalonia.

She considers the diet as the basis for living in good health. Eating healthy helps prevent chronic and degenerative diseases, is essential for good mental health and contributes to aging with a better quality of life.

ADMISSIONS

Executive Chef Diploma

A large part of our selection process involves measuring and evaluating your cognitive skills and attitudes towards change, as well as your vision of the future.

In order to be admitted onto this program, your application must be approved by the Evaluation Committee.

1 CONTACT THE CIB

If you are interested and you think you are a good candidate for this program, get in touch. Head to the website <https://cib.education/matricula-admision> and fill out an admission form.

2 INTERVIEW WITH AN ADVISOR

An Advisor will call you sooner than you think. They will answer your questions and suggest the best way to successfully apply.

3 ADMISSION APPLICATION

Our Advisors will send you all the documentation you need and, if you like what you see and meet the requirements, they will then send you an admission form that you should fill out to the best of your ability. It plays a big part in whether or not you will continue in the process.

4 EVALUATION INTERVIEW

If everything goes well, you can schedule a 30-minute online interview with someone from the Evaluation Committee.

5 RESERVEYOU R PLACE

If the result is positive, the Acceptance Committee will consider your application two Mondays following your interview and send you their decision by email. If you have been accepted, you will find the instructions on how to enrol in the same document.

THE CIB® PROGRAMS

There is a CIB® Program for every specialization and they can be combined to build a full curriculum.

All programs have several start dates throughout the year so you can plan them depending on your availability.

CULINARY PROGRAMS

MIXED PROGRAM

If you want to become a chef



Grand Chef Diploma:

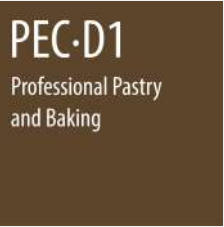
PCAC
+
PEC
+
ECD



Specialist Chef Diploma:

PCAC
+
PEC

If you are already a chef



If you want to lead as a chef



If you want it all

GDC

GRAN CHEF DIPLOMA

The GRAND CHEF DIPLOMA is the Culinary Institute of Barcelona's most popular combined program.

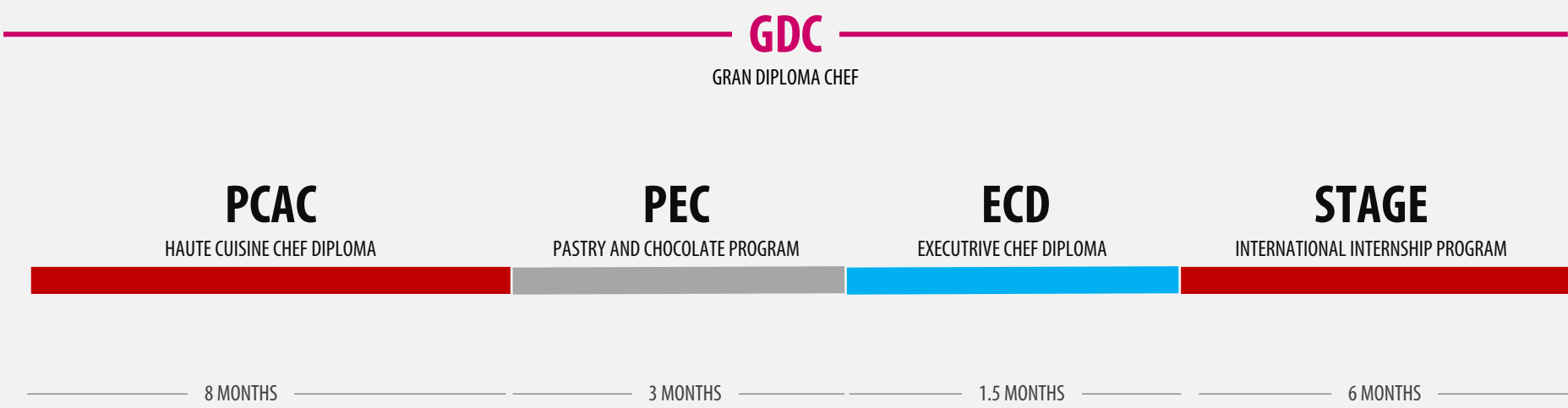
Spanning almost two years across three academic phases, plus six months of international work experience, it provides extraordinary training for anyone who completes it. In addition to our prestigious Haute Cuisine Course (PCAC), you can opt for any of the four culinary specialities and the Executive Chef Postgraduate Course, which qualifies you to manage any kitchen in the world.

It involves a six-month internship in any restaurant around the world with which the CIB has an agreement.

You will acquire more culinary and management knowledge across the four semesters, and develop your skills and attitudes. You will attend no less than fifteen challenges that will put everything you have learned to the test and show you just how far you have come.

Finally, another advantage of the Grand Chef Diploma is that it allows you to really get to know your classmates and colleagues from all over the world, almost all of them entrepreneurs, and create a privileged network of contacts that will last well beyond the end of your studies and the awarding of your four diplomas.

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PCAC

If you want to become a chef

The CIB Grand Chef Diploma is certainly our most popular course for our most ambitious students. It combines the Chef Diploma, a culinary specialization from among the six options, as well as the Executive Chef Diploma.

Achieving this Diploma proves that you have completed and passed more than 1,200 hours of class in the best academic environment available and therefore shows that you are highly qualified to work as a chef or executive chef in any kitchen related to your chosen specialization(s).

Once you have completed the course, you will have access to the CIB internship program, which allows you to apply your learning and acquire even more knowledge during the six-month supervised internship in any of the more than 100 restaurants with which the CIB has a collaboration agreement.

PEC

If you want to specialize

Our four CIB Culinary Specialization Programs are three-month courses that can only be accessed by professionals or by those who have previously completed the PCAC.

There are four specialties:

- PEC-D1**
[Specialization in Professional Pastry and Baking](#)
- PEC-H**
[Specialization in Integrative & Healthy Cooking](#)
- PEC-T**
[Specialization in Advanced Culinary Techniques](#)

Each of these four specialties is aimed at training professionals to become specialists in the field.

ECD

If you want to lead as a chef

[The Executive Chef Diploma](#) is aimed at chefs who want to take on more executive responsibilities in 21st century kitchens.

The program prepares you to handle the key operational aspects of designing the gastronomic proposal for one or several establishments, their financial management, processes, integration in the business and human resources planning.

The program lasts three months with six hours of class a day, two days a week, suitable for working professionals who want to put everything they have learned into practice.



BARCELONA

The city that belongs to everyone

Barcelona is a quintessential Mediterranean city in constant evolution, built over more than 2,000 years.

Living in Barcelona gives you an unparalleled life experience. Few places in the world are more cosmopolitan than this city, but that is only a part of the experience. What stands out most about Barcelona is its vital energy, unlimited economic, social and cultural entrepreneurship that puts it ahead in almost every discipline.

This is due to the character of its people who, after mixing for thousands of years, have integrated the best of each other, making it their own and promoting it together.

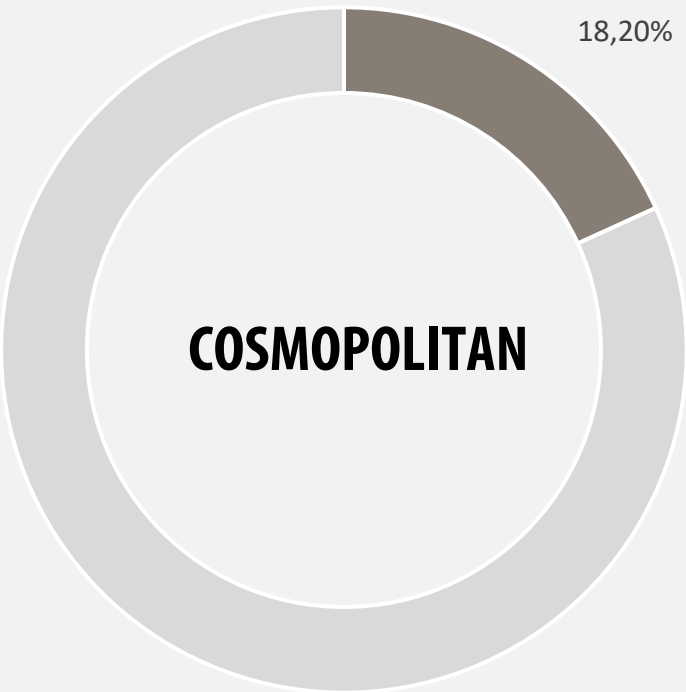
There are several Barcelonas: the **green** one with more than 300 km of bike lanes, which makes the city the perfect place to get around with zero emissions. The **modern** one, open, evolving, an early adopter, with an international atmosphere. The Catalan capital has a social, cultural, and technological foundation that is firmly committed to everything contemporary. The **entrepreneurial** Barcelona, headquarters of the best business schools in Europe, is a host city to startups and international co-creation centres. The **cultural** Barcelona, featuring Egyptian mummies and contemporary works of art, photographic exhibitions, interactive and conceptual art, theatres, art galleries. This city has everything. The **sports** enthusiastic Barcelona. Barcelona isn't just Messi and football. Since the 1992 Olympics, every year the city celebrates the world's major sports competitions in F1, basketball, athletics, rugby, hockey, tennis and horse riding, among others.

All of them coexist with the **historic** Barcelona, growing from a small Roman city to an international metropolis with architecture that has left its mark for more than two thousand years. The **gastronomic** Barcelona is an international benchmark in culinary innovation that becomes the world epicentre and destination for gourmets. The **musical** Barcelona shines with its international festivals such as Primavera Sound or Sónar, making this city one of the favourite destinations for music lovers. In the **avant-garde** Barcelona, state-of-the-art and innovation go hand in hand, making it the fourth most creative city in the world and number one in design, illustration, fashion and culinary arts. And finally, the **emblematic** Barcelona with La Boquería, the Mercat del Ninot and Santa Catalina markets. Barcelona is one of the cities in the world that can boast of having a market in almost every neighbourhood.

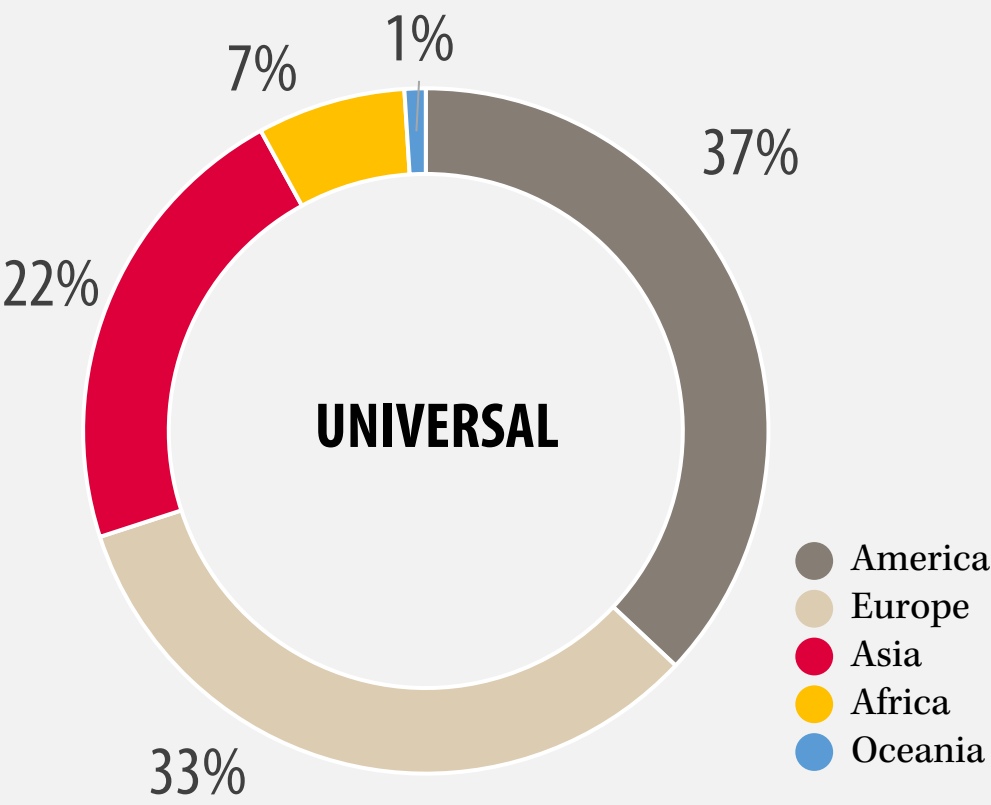


Barcelona is that place where people from all over the world come together to study, work or simply observe.

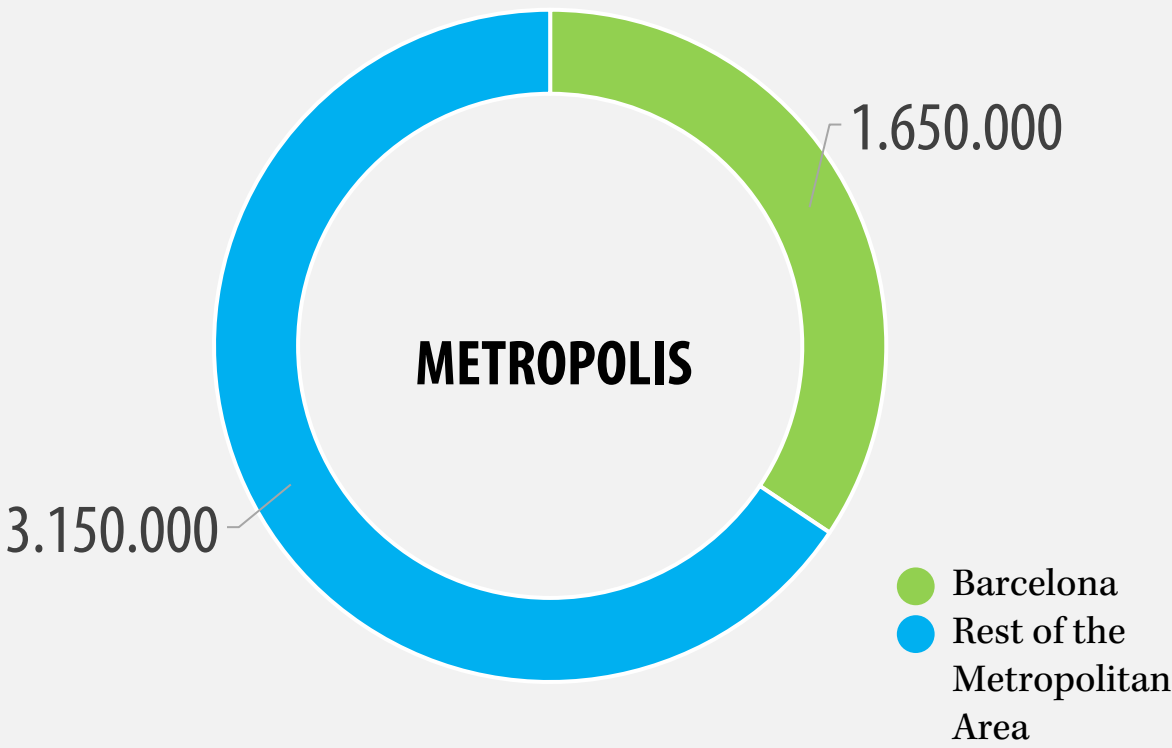
Foreign residents in Barcelona



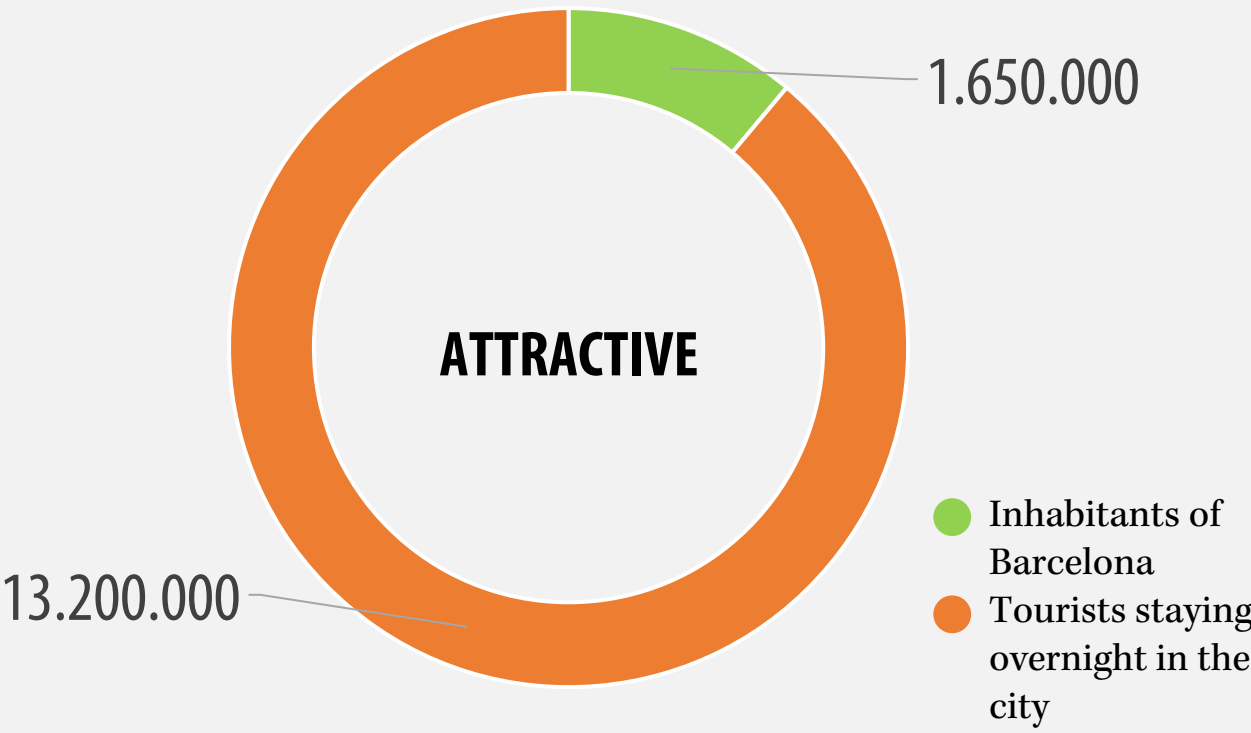
Origin of foreign residents in Barcelona



Inhabitants of the Barcelona Metropolitan Area



Visitors staying overnight in Barcelona





Culinary Institute of Barcelona

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This brochure is informative and its content is subject to change depending on the session.