



GASTRONOMICOM

- FRANCE -

COOKING AND PASTRY TRAINING
1 MICHELIN STAR LEVEL
COURSES + PROFESSIONAL INTERNSHIPS



SHORT AND LONG PROGRAMS
FOR PROFESSIONALS
AND BEGINNERS

INTERNATIONAL CULINARY ACADEMY
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GASTRONOMICOM.FR   



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SUMMARY

- About us..... 3
- Our programs..... 4
 - Epicure Program (2 months) 5
 - Gastronomic Program (3 months) 6
 - 7 month Program 7
 - 1 Year Program 8
- NEW** Wine course 1 month..... 9
- How to apply..... 10
- Pricing and Fees..... 11
- Intakes..... 12
- Teachers 13
- Internship..... 15
- Accommodation 16
- Contact..... 16



ABOUT US

A SCHOOL BORN FROM A PASSION

The Gastronomicom Institute is an international culinary academy founded in 2005 by Martine Lessault. All of our teachers boast many years of experience working in prestigious fine dining establishments.

Together, we have channeled our skills and knowledge to develop specialized programs supported by the finest teaching methods across each of our subjects.

The programs offered at our international culinary academy will enable you to learn the art of French cooking and pastry to a One Michelin Star Level (the most respected hallmark for fine dining establishments in the world).

All gastronomic courses are conducted in English.



Why choose this level of training?

Choosing to participate in one of our courses will open the door to many job opportunities, both at home and abroad. Your training will place you in high demand across the food and beverage industry, which suffers from a lack of qualified personnel, particularly in the field of gastronomy.

To make you feel welcome during your stay with Gastronomicom, we have chosen to base our school in the charming coastal town of Agde, a popular tourist destination located 50km from Montpellier (half an hour by train) and 120km from the Spanish border (one hour by car).

The Mediterranean climate is very pleasant, and we generally enjoy around 300 days of sunshine per year.

OUR PROGRAMS

Our programs are intended for both professionals and beginners who want to master French cooking and / or pastry through hands-on classes provided by highly experienced teachers to a one Michelin Star Level.

All of our cooking and pastry courses are hands-on only. Students work in teams to learn together and help each other.

All weekends are free (except during the internship).

We offer accommodation in partnership with Odalys Residence Saint Loup, which sits in the heart of 4 hectares of parkland, just 5 minutes' walk from the beach and marina and 10 minutes from the school by bus (see page 16).



Course Prerequisites :

- Strong motivation to learn gastronomic culinary arts
- Good level of English comprehension
- Minimum age of 18 years

Information and enrollment: gastronomicom.fr





Epicure program (2 months)

Six possibilities, choose from:

Cooking	Pastry		Cooking + Pastry	Cooking + French	Pastry + French
4 800 €	4 800 €		6 600 €	6 600 €	6 600 €
✓ 8 weeks	✓ 8 weeks		✓ 8 weeks	✓ 8 weeks	✓ 8 weeks
✓ 15H of cooking classes/week	✓ 15H of pastry classes/week		✓ 15H of cooking classes/week	✓ 15H of cooking classes/week	✓ 15H of pastry classes/week
✓ total: 120H of classes	✓ total: 120H of classes	French	✓ 15H of pastry classes/week	✓ 15H of French lessons/week	✓ 15H of French lessons/week
✓ courses taught in English	✓ courses taught in English	4 800 €	✓ total: 240H of classes	✓ total: 240H of classes	✓ total: 240H of classes
✓ certificate in cooking	✓ certificate in pastry	✓ 8 weeks	✓ courses taught in English	✓ courses taught in English	✓ courses taught in English
		✓ 15H of French lessons/week	✓ certificates in cooking and pastry	✓ certificates in cooking and French language	✓ certificates in pastry and French language
		✓ total: 120H of classes			
		✓ certificate in French language			

Cooking syllabus:

- 1st week: cold starters
- 2nd week: hot starters
- 3rd week: fish and sauce
- 4th week: meat and sauce

Pastry syllabus:

- 1st week: bakery and viennoiserie
- 2nd week: cakes and entremets
- 3rd week: plated desserts
- 4th week: chocolate

■ All weekends are free.





Gastronomic program (3 months)

Six possibilities, choose from:

Cooking	Pastry		Cooking + Pastry	Cooking + French	Pastry + French
5 600 €	5 600 €		8 300 €	8 300 €	8 300 €
✓ 12 weeks	✓ 12 weeks		✓ 12 weeks	✓ 12 weeks	✓ 12 weeks
✓ 15H of cooking classes/week	✓ 15H of pastry classes/week		✓ 15H of cooking classes/week	✓ 15H of cooking classes/week	✓ 15H of pastry classes/week
✓ total: 180H of classes	✓ total: 180H of classes	French	✓ 15H of pastry classes/week	✓ 15H of French lessons/week	✓ 15H of French lessons/week
✓ courses taught in English	✓ courses taught in English	5 600 €	✓ total: 360H of classes	✓ total: 360H of classes	✓ total: 360H of classes
✓ certificate in cooking	✓ certificate in pastry	✓ 12 weeks	✓ courses taught in English	✓ courses taught in English	✓ courses taught in English
		✓ 15H of French lessons/week	✓ certificates in cooking and pastry	✓ certificates in cooking and French language	✓ certificates in pastry and French language
		✓ total: 180H of classes			
		✓ certificate in French language			

Cooking syllabus:

- 1st week: cold starters
- 2nd week: hot starters
- 3rd week: fish and sauce
- 4th week: meat and sauce

Pastry syllabus:

- 1st week: bakery and viennoiserie
- 2nd week: cakes and entremets
- 3rd week: plated desserts
- 4th week: chocolate

■ All weekends are free.





7-month program (3 months courses and 4 months internship)

Two possibilities, choose from:

Cooking + French and internship	Pastry + French and internship
9 800 €	9 800 €
✓ 12 weeks	✓ 12 weeks
✓ 15H of cooking classes/week	✓ 15H of pastry classes/week
✓ 15H of French lessons/week	✓ 15H of French lessons/week
✓ total: 360H of classes	✓ total: 360H of classes
✓ 4 month internship	✓ 4 month internship
✓ professional kitchen knife set	✓ professional kitchen knife set
✓ courses taught in English	✓ courses taught in English
✓ degree in cooking and certificate in French lessons	✓ degree in pastry and certificate in French lessons

Cooking syllabus:

- 1st week: cold starters
- 2nd week: hot starters
- 3rd week: fish and sauce
- 4th week: meat and sauce

Pastry syllabus:

- 1st week: bakery and viennoiserie
- 2nd week: cakes and entremets
- 3rd week: plated desserts
- 4th week: chocolate

■ During the internship, students will be provided with room and board and receive a monthly stipend of around 550€

■ All weekends are free (except during the internship). Depending on the session, you will have a 1 week break during which you can visit France or stay in the accommodation.





1 year program (6 months courses and 6 months internship)

Cooking and French + Pastry and French + internship

18 700 €

- ✓ 24 weeks
- ✓ 15H of cooking and 15H of French lessons per week during 12 weeks
- ✓ 15H of pastry and 15H of French lessons per week during 12 weeks
- ✓ total: 720H of classes
- ✓ 6 month internship
- ✓ professional kitchen knife set
- ✓ courses taught in English
- ✓ degree in cooking or pastry and certificate in French lessons

Cooking syllabus:

- 1st week: cold starters
- 2nd week: hot starters
- 3rd week: fish and sauce
- 4th week: meat and sauce

Pastry syllabus:

- 1st week: bakery and viennoiserie
- 2nd week: cakes and entremets
- 3rd week: plated desserts
- 4th week: chocolate

- During the internship, students will be provided with room and board and receive a monthly stipend of around 550€
- For the January and September sessions, students do a 6 month internship. For the April session, students must do two internships (6 months in total)
- All weekends are free (except during the internship). Depending on the session, you will have a 1 week break during which you can visit France or stay in the accommodation.





Discovery wine course (1 month)

If you want to learn and **develop new skills and knowledge in wine**, this training led by our sommelier Charlotte Guillen was created for you!

Novice, passionate, amateur.... Thanks to our oenology (wine study) courses, you will acquire sufficient knowledge on how to develop food and wine pairings, differentiate wine flavors and how to describe it, speak about wine with ease using the right vocabulary, know the French wine regions, the wine estates, the grape varieties and much more....

1 month discovery wine courses (from the vine to the bottle)

1 500 €

- ✓ 4 weeks
- ✓ 3 courses of 3 hours per week
- ✓ 36 hours course in total
- ✓ classes from 4:30 p.m. to 7:30 p.m. at Gastronomicom
- ✓ 2 discovery excursions of 5 and 3 hours (at the weekend)
- ✓ courses taught in English
- ✓ limited places
- ✓ wine initiation certificate

■ As the wine classes take place from 4:30 p.m., you can also take part in our cooking and/ or pastry classes in the morning and/or afternoon.

■ Free time at the weekends: you can take the opportunity to visit a very touristy region, the largest wine-growing region in France

■ Thanks to a partnership with the Odalys residence in Cap d'Agde, we can offer accommodation solutions throughout your training.



HOW TO APPLY

Course Prerequisites:

- Strong motivation to learn gastronomic culinary arts
- Good level of English comprehension
- Minimum age of 18 years

How to apply to our institution:

- **Carefully read the information** highlighted in our brochure or on our website to choose the program that best suits you.
- **Fill the enrollment form on our website: gastronomicom.fr**
- You will be notified of receipt of your application within 48 hours. **Answer that email by sending your CV (resume) and a letter of motivation** (explaining why you want to study French gastronomy, why in France and why at our institution)
- We will confirm if you have been accepted within 48 hours. **If successful, you'll be asked to make the first payment** (40% of the tuition fees to book your place + 300€ enrollment fees). These enrollment fees will book your place and start the visa procedure if you need one.
- **Two months before the beginning of the program you'll need to make the 2nd payment** (30% of the tuition fees)
- **15 days before the beginning of the program you'll need to make the 3rd payment** (30% of the tuition fees)
- **On arrival you'll pay the accommodation and additional costs** (uniform, bus pass, French book...).



Cancellation procedure:

Enrollment fees are non-refundable.

1/ Up to a minimum of three months before the start of the program

Cancellations up to a minimum of three months before the start of the program are eligible for a full refund of tuition fees, except if the program has already been postponed once.

For those who received official documents in order to obtain a visa, they must provide us with an official document from the French Embassy proving that they didn't use the official document we gave them.

2/ Less than three months before the start of the program

No refund will be possible for cancellations made less than three months before the start of the program. Exception: A refund is possible if proof of visa refusal can be provided from the Embassy. Tuition fees will be refunded in full (only if a visa is strictly necessary to come for the whole duration of the program).

No refund can be given after the program has started, including in the case where a student must leave because of extenuating circumstances.

No refund can be given following the expulsion of a student owing to the disregard of the rules and regulations (signed on arrival at school).

Accommodation

Accommodation is provided by the school. However, if you wish to find your own lodging elsewhere, this must be communicated to the school a minimum of one month prior to the beginning of the program. This is due to the fact that the school has to make arrangements and pay for the accommodation before the start of term. Please note that if you change your mind part-way through the program and choose to move elsewhere, accommodation fees cannot be refunded.

Your enrollment will be confirmed upon receipt of the documents requested by us in our confirmation email.

PRICING AND FEES

Program	Tuition fees	Enrollment fees	Total	Lodging (option)
Wine course 1 month	1,200 €	300 €	1,500 €	Contact us
Epicure 2 months 2 courses (cooking courses + pastry courses OR cooking courses + French lessons* OR pastry courses + French lessons*)	6,300 €	300 €	6,600 €	800 €
Epicure 2 months 1 course (cooking courses OR pastry courses OR French lessons*)	4,500 €	300 €	4,800 €	800 €
Gastronomic 3 months 2 courses (cooking courses + pastry courses OR cooking courses + French lessons OR pastry courses + French lessons)	8,000 €	300 €	8,300 €	1,200 €
Gastronomic 3 months 1 course (cooking courses OR pastry courses OR French lessons)	5,300 €	300 €	5,600 €	1,200 €
7 months • 3 months (cooking courses + French lessons OR pastry courses + French lessons) • 4 month internship in France	9,500 €	300 €	9,800 €	1,200 €
1 year • 3 months cooking + French lessons • 3 months pastry + French lessons • 6 month internship in France	18,400 €	300 €	18,700 €	2,400 €

* French lessons only available for the January, April and September intakes



INTAKES

Program Intake	Wine course 1 month	Epicure 2 months	Epicure (Advanced) 2 months	Gastronomic 3 months	7 months (3 months' courses + 4 month internship)	1 year (6 months' courses + 6 month internship)
September	✓	✓		✓	✓	✓
October			✓			
January	✓	✓		✓	✓	✓
February			✓			
April	✓	✓		✓	✓	✓
May			✓			



TEACHERS

Our French campus boasts a team of teachers with considerable skills and experience, who will help you progress in the culinary world. As well as providing you with a comprehensive education, our teachers are happy to share their professional secrets with anyone not only eager to learn but also with an interest in building their culinary career.

Fabrice AMAR CULINARY INSTRUCTOR

Education:

- Luxury training « Hôtel restaurant 5 Stars »
- Training level 1 and 2 HACCP HYGIENE
- MANAGEMENT Training
- CAP CUISINE option, Hôtelière Beliard School (PARIS)

Professional Experience:

- Head Chef, Le Petit Jardin restaurant, Montpellier. “Deux fourchettes rouges” in the Michelin Guide
- Head Chef l’OUSTAU DE L’ISLE, Isle sur la Sorgue. “Deux fourchettes rouges” and Bib Gourmand in the Michelin Guide
- Head Chef SPORT BEACH CAFE, Marseille. Bib Gourmand in the Michelin Guide
- Second Chef Sofitel vieux port ***** luxe, Marseille, Les Trois Forts Restaurant, Chef Dominique Frérard, Maître cuisinier de France
- Head Chef Hostellerie Bérard***, 1 Michelin Star, Chef René Bérard – Maître cuisinier de France
- Head Chef HOSTELLERIE ST GEORGES, Gruyères (Switzerland)
- Second Chef Relais Château VILLA FLORENTINE, Lyon. 1 Michelin Star
- Head Chef APPOLO CHIP CHANDLERS Miami (Florida) ***** Luxe

Spoken languages: French, English, Spanish



Poï BERTHOLET PASTRY INSTRUCTOR

Education:

- Brevet de Maîtrise pâtissier chocolatier
- Médaille d’argent au ACF Ben E. Keith, Show piece competition 2014, Houston, Texas
- Silver Medal Ben E. Keith Show piece competition 2013, Houston, Texas
- CAP de pâtissier chocolatier glacier confiseur
- CAP de cuisine - Participation au concours du “meilleur apprenti de France cuisinier” 3^e régional
- Meilleur apprenti cuisinier du Puy-de-Dôme

Professional Experience:

- Pastry Chef instructor, Ecole Ritz Escoffier, Le Ritz Paris
- Pastry Chef, Delice Capy – David Capy “Meilleur Ouvrier de France 2007” Nanjing, Jiangsu Province, China
- Pastry Chef instructor, Culinary Institute LeNotre – Houston, Texas USA
- Pastry Chef, Constance Moofushi Resort – Maldives
- Executive Pastry Chef, Labourdonnais Waterfront Hotel et Le Suffren Hotel et Marina, Port Louis – Ile Maurice
- Pastry Chef, O plaisir des mets – Saint-Paul, Ile de la Réunion
- Pastry chef, Mercure Hotel – Accor. Clermont Ferrand, France

Spoken languages: French and English



Stéphane MASSIN FRENCH TEACHER

Education Professional Experience:

- Graduated: Masters level in Modern Literature, Sorbonne Nouvelle
- Teacher at Paul Valery University (Montpellier, 34000)
- French and History teacher at IRFA SUD, (Narbonne 11100)
- Teacher at our culinary institute in France since its inception
- French teacher at Mahoney Training Consultants Paris

Spoken languages: French and English



Charlotte GUILLEN WINE EDUCATOR, SOMMELIER

Education:

- 2015 : BP Sommelier
- 2013 : CAP Restaurant
- 2010 : BTS Management des Unités Commerciales

Professional Experience:

- Sommelier / Wine merchant – Les Grands Vins du Terroir – Faugères
- Manager of wine cellar and wine bar in Valras Plage “Millésime 88”
- Assistant Chef Sommelier – Texture Restaurant – 1 Michelin star – London, United Kingdom
- Sommelier – Restaurant Marcus – 2 Michelin stars – London, United Kingdom
- Sommelier – Restaurant La Villa Madie – 2 Michelin stars – Cassis
- Sommelier / Wine merchant – Regional wine house, Montpellier
- Apprentice sommelier – Hotel de la Cité – Restaurant La Barbacane – 1 Michelin star – Carcassonne

Spoken languages: French and English



DIRECTOR

Olivier CANTAUT, PRESIDENT-DIRECTOR

Education Professional Experience:

- Bac+4
- Director of Gastronomicom France since December 2014
- Commercial director Groupes CREMONINI
- Commercial director BtoB 2LO SA (Marque Coffret INFINI)
- Sales manager GRAS SAVOYE
- Commercial / travel agent SWITCH
- Artistic direction Etincelles
- Supervisor TRADER COM

Spoken languages: French, English and Portuguese



The team includes 6 employees: **Olivier Cantaut**, president-director, **Fabrice Amar**, Cooking teacher, **Pol Bertholet**, Pastry teacher, **Stéphane Massin**, French teacher, **Clarisse Bolon**, secretariat and school, and **Emmanuel Wiss**, communication and accounting.

INTERNSHIPS



We offer the option of an internship following the completion of your course(s) at Gastronomicom, an exceptional opportunity which will enable you to improve your skills in cooking and pastry.

The school takes great care to identify the best fine dining establishment for you, where you will also be provided with lodging, board and a monthly stipend. You'll experience the rhythm of a high-end restaurant and discover what it means to work as a gastronomic chef.

Gastronomicom is the only culinary academy to offer an internship for students (in cooking or pastry) in restaurants selected in the French Michelin Guide.

We have 2 programs that include an internship:

- **7 month program** (3 months' courses and a 4 month internship)
- **1 Year program** (6 months' courses and a 6 month internship)

Before participating in an internship you must complete some courses. The preceding courses are compulsory by French law, but they are also in your interest so we can determine your level of experience to help to choose the right establishment for you.

A boost for your culinary career

Thanks to over 15 years of experience and our excellent reputation, we are able to exclusively collaborate with fine dining restaurants in France. These include restaurants such as Relais-Chateaux and other prestigious establishments referenced in the French Michelin Guide.

Each student's placement will be decided upon by the teachers and the administrative team. The school will consider the student's technical abilities, level of French, motivation and general behavior when placing students.

During the internship, students will receive a monthly stipend of around 550€ and be provided with lodging and board.

The internship is a formative and extremely helpful experience for students upon concluding their training and enables students to appreciate the realities of a professional culinary career.

A prestigious internship is a wonderful addition to your resume or C.V.



ACCOMMODATION

Cap d'Agde

The large, attractive and lively resort offers 14km of fine, sandy beaches, a marina with 3,000 moorings, water sports and other sporting activities, a 27-hole golf course and an International Tennis Club. Getting around is easy; you can conveniently stroll across one quay to another through



interlinking footpaths, and there is also a cycle track that passes through the resort towards Agde.

The Residence Club Saint Loup is situated in 4 hectares of luxurious parkland, a naturally preserved, spacious environment interspersed with ponds and lakes, just 5 minutes from the harbor and beach. A bus route (with a stop at the Resort's entrance) makes daily connections to Agde train station, making it easy to visit the surrounding cities.

<https://www.en.capdagde.com/>

The resort

Accommodation at our culinary academy costs 400€ per month, with 2 students sharing a 2-bedroom apartment with a separate living room and fully equipped kitchen (enabling students to prepare their own meals). A 500€ deposit in cash will be required when you check-in at the Residence's front desk, and will be refunded upon your departure provided there is no damage to the apartment. If you wish to book an individual apartment (see below), please contact our culinary academy.

The Residence also boasts a beautiful swimming pool which is open from March until late October.

Accommodation	Details	Price
Shared flat with another student	Approx. 46m ² , ground or 1 st floor. Living room with double pull-out bed (150x190cm) or 2 single pull-out beds (80x190cm), 2 bedrooms with 2 single beds (80x190cm), equipped kitchenette (ceramic hob, microwave, dishwasher, fridge/freezer), bathroom, separate toilet, safe, balcony or terrace	400€ per student per month
Individual studio apartment	Approx. 18m ² , 1 st floor only. Living room with double pull-out bed (150x190cm) or 2 single pull-out beds (80x190cm), equipped kitchenette (ceramic hob, microwave, fridge), shower room with toilet, balcony	550€ per month
Individual apartment with one bedroom	Approx. 39m ² , ground or 1 st floor. Living room with double pull-out bed (150x190cm) or 2 single pull-out beds (80x190cm), bedroom with 2 single beds (80x190cm), equipped kitchenette (ceramic hob, microwave, oven, dishwasher, fridge), bathroom, separate toilet, safe, balcony or terrace	650€ per month
Individual apartment with two bedrooms	Approx. 46m ² , ground or 1 st floor. Living room with double pull-out bed (150x190cm) or 2 single pull-out beds (80x190cm), 2 bedrooms with 2 single beds (80x190cm), equipped kitchenette (ceramic hob, microwave, dishwasher, fridge/freezer), bathroom, separate toilet, safe, balcony or terrace	800€ per month



CONTACT US



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