

GASTRONOMICOM

- FRANCE -

LEARN FRENCH CUISINE AND PASTRY IN THE SOUTH OF FRANCE

HANDS-ON TRAINING TAUGHT IN ENGLISH,
FROM BEGINNER TO PROFESSIONAL LEVEL



SHORT AND LONG PROGRAMS WITH
INTERNSHIP OPPORTUNITIES IN
MICHELIN GUIDE RESTAURANTS

INTERNATIONAL CULINARY ACADEMY
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GASTRONOMICOM.FR





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- FRANCE -

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ABOUT US

A SCHOOL BORN FROM PASSION

Founded in 2005 by Martine Lessault, Gastronomicom is an international culinary academy located in the South of France. Our mission is to teach French cooking and pastry techniques to students from all over the world, from motivated beginners to experienced professionals.

Our courses are taught in English by highly experienced instructors who have worked in prestigious fine-dining establishments. Through hands-on training, students develop the skills, precision, and confidence required in high-level gastronomy.

Located in Agde, near Montpellier and the Mediterranean Sea, Gastronomicom offers students a unique opportunity to study French gastronomy while enjoying the lifestyle and culture of the South of France.



Why choose Gastronomicom?

- Hands-on training in small international groups
- Courses taught in English
- French culinary and pastry techniques at one-Michelin-star standard
- Professional internships in fine-dining establishments
- Located in the South of France, near the Mediterranean Sea

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.

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 50 km from Montpellier (half an hour by train) and 120 km from the Spanish border (one hour by car).

Study in the South of France

- International atmosphere
- Accommodation close to the beach
- Free weekends to discover the region
- Friendly and professional learning environment

OUR PROGRAMS

Our programs are designed for both motivated beginners and professionals who wish to master French cooking and/or pastry through hands-on training led by highly experienced instructors, with the goal of reaching a one-Michelin-star standard.

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 through two partner residences, both ideally located just a 5-minute 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 understanding of English
- Minimum age of 18 years

Ready to start your culinary journey in France?

Apply now at gastronomicom.fr or contact us at contact@gastronomicom.fr





Epicure Program - 2 months

Six possibilities, choose from:

Cooking	Pastry		Cooking + Pastry	Cooking + French	Pastry + French
€5,100	€5,100		€6,900	€6,900	€6,900
✓ 8 weeks	✓ 8 weeks		✓ 8 weeks	✓ 8 weeks	✓ 8 weeks
✓ 15H of cooking classes per week	✓ 15H of pastry classes per week		✓ 15H of cooking classes per week	✓ 15H of cooking classes per week	✓ 15H of pastry classes per week
✓ total: 120H of classes	✓ total: 120H of classes	French	✓ 15H of pastry classes per week	✓ 15H of French lessons per week	✓ 15H of French lessons per week
✓ courses taught in English	✓ courses taught in English	€5,100	✓ 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 per week	✓ certificates in cooking and pastry	✓ certificates in cooking and French	✓ certificates in pastry and French
		✓ total: 120H of classes			
		✓ certificate in French			

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

The syllabus is repeated and developed throughout the program.

- All weekends are free.





Gastronomic Program - 3 months

Six possibilities, choose from:

Cooking	Pastry		Cooking + Pastry	Cooking + French	Pastry + French
€5,900	€5,900		€8,600	€8,600	€8,600
✓ 12 weeks	✓ 12 weeks		✓ 12 weeks	✓ 12 weeks	✓ 12 weeks
✓ 15H of cooking classes per week	✓ 15H of pastry classes per week		✓ 15H of cooking classes per week	✓ 15H of cooking classes per week	✓ 15H of pastry classes per week
✓ total: 180H of classes	✓ total: 180H of classes	French	✓ 15H of pastry classes per week	✓ 15H of French lessons per week	✓ 15H of French lessons per week
✓ courses taught in English	✓ courses taught in English	€5,900	✓ 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 per week	✓ certificates in cooking and pastry	✓ certificates in cooking and French	✓ certificates in pastry and French
		✓ total: 180H of classes			
		✓ certificate in French			

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

The syllabus is repeated and developed throughout the program.

■ All weekends are free.





7-month Program (3 months of courses and 4-month internship)

Two possibilities, choose from:

Cooking + French and internship

€9,800

- ✓ 12 weeks
- ✓ 15H of cooking classes per week
- ✓ 15H of French lessons per week
- ✓ total: 360H of classes
- ✓ 4-month internship
- ✓ professional kitchen knife set
- ✓ courses taught in English
- ✓ certificates in cooking and French

Pastry + French and internship

€9,800

- ✓ 12 weeks
- ✓ 15H of pastry classes per week
- ✓ 15H of French lessons per week
- ✓ total: 360H of classes
- ✓ 4-month internship
- ✓ professional kitchen knife set
- ✓ courses taught in English
- ✓ certificates in pastry and French

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

The syllabus is repeated and developed throughout the program.

■ During the internship, students are usually provided with accommodation and meals, and receive a monthly stipend of approximately €550.

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





1-year Program (6 months of courses and 6-month internship)

Cooking and French + Pastry and French + internship

€19,000

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

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

The syllabus is repeated and developed throughout the program.

- During the internship, students are usually provided with accommodation and meals, and receive a monthly stipend of approximately €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 one week break during which you can visit France or stay in the accommodation.





Discovery Wine Program - 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!

Whether you are a beginner, a wine enthusiast, or simply curious to learn more, this program will help you understand wine tasting, food and wine pairing, French wine regions, grape varieties, labels, service, and professional wine vocabulary.

1-month Discovery Wine Program (from the vine to the bottle)

€1,500

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

■ During your free weekends, you can explore one of France's most beautiful wine-growing regions.

■ Thanks to our partnerships, we can offer accommodation solutions throughout your training.



HOW TO APPLY

Application Process:

- 1. Choose your program**
Read our brochure or visit our website to find the program that best matches your goals, level, and availability.
- 2. Fill out the online enrollment form**
Complete the enrollment form directly on our website: gastronomicom.fr
- 3. Send your documents**
After receiving your application, we will ask you to send your CV/resume and a motivation letter.
- 4. Receive your admission decision**
Once your documents have been reviewed, we will confirm whether your application has been accepted.
- 5. Confirm your enrollment**
To secure your place, the first payment is required: 40% of the tuition fees + €300 enrollment fee.
- 6. Prepare your arrival in France**
The second payment, corresponding to **30% of the tuition fees**, is due two months before the start of the program. **The final payment**, corresponding to the remaining **30%**, is due 15 days before the start of the program.



Upon arrival, students may also need to pay additional costs such as uniform rental, bus pass, French book, and other required materials.

Cancellation Policy:

Enrollment fees are non-refundable.

Tuition fees may be refunded for cancellations made at least three months before the start of the program, unless the program has already been postponed once.

No refund is possible for cancellations made less than three months before the start of the program, except in the case of an official visa refusal, provided that the student submits proof from the Embassy. Tuition fees will be refunded in full (only if a visa is strictly necessary to come for the entire 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 following expulsion due to a breach of the school's rules and regulations (signed on arrival at school).

For the Wine Program

Cancellations up to a minimum of three months before the start of the program are eligible for a refund, except if the program has already been postponed once. In any case, a €200 cancellation fee will be retained. No refund will be possible for cancellations made less than three months before the start of the wine program.

TUITION AND FEES

Program	Tuition fees	Enrollment fee	Total
Wine Program 1 month	€1,500	–	€1,500
Epicure 2 months 2 courses (cooking courses + pastry courses OR cooking courses + French lessons* OR pastry courses + French lessons*)	€6,600	€300	€6,900
Epicure 2 months 1 course (cooking courses OR pastry courses OR French lessons*)	€4,800	€300	€5,100
Gastronomic 3 months 2 courses (cooking courses + pastry courses OR cooking courses + French lessons OR pastry courses + French lessons)	€8,300	€300	€8,600
Gastronomic 3 months 1 course (cooking courses OR pastry courses OR French lessons)	€5,600	€300	€5,900
7 months • 3 months of courses (cooking courses + French lessons OR pastry courses + French lessons) • 4-month internship in France	€9,500	€300	€9,800
1 year • 3 months cooking + French lessons • 3 months pastry + French lessons • 6-month internship in France	€18,700	€300	€19,000

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



PROGRAM START DATES

Program Intake	Wine course 1 month	Epicure 2 months	Epicure (Advanced) 2 months	Gastronomic 3 months	7 months (3 months of courses + 4-month internship)	1 year (6 months of 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 »
- HACCP Hygiene Training – Levels 1 and 2
- Management Training
- CAP CUISINE option, Hôtelière Belliard 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 SHIP 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, Showpiece 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 and Professional Experience:

- Graduated: Masters level in Modern Literature, Sorbonne Nouvelle
- Teacher at Paul Valéry 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 AND DIRECTOR OF GASTRONOMICOM

Education and 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**, administration and school coordination, and **Emmanuel Wiss**, communication and accounting.

INTERNSHIPS



At Gastronomicom, students enrolled in our long programs have the opportunity to complete a professional internship after their training at the school. This is an excellent opportunity to strengthen their skills in cuisine or pastry and gain real experience in a fine-dining environment.

The school carefully selects a restaurant suited to each student's profile, level, motivation, and career goals. During the internship, students usually receive accommodation, meals, and a monthly stipend of approximately €550.

This experience allows students to understand the pace, discipline, and standards of a high-end restaurant kitchen, while putting into practice the techniques learned during their courses at Gastronomicom.

Gastronomicom is one of the few culinary schools offering internships in restaurants referenced in the Michelin Guide, giving students a valuable opportunity to begin building their professional network in France.

Programs that include an internship:

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

Internship Benefits

- Real experience in a fine-dining restaurant
- Restaurants selected from the Michelin Guide
- Accommodation and meals usually provided
- Monthly stipend of approximately €550
- Personalized placement according to the student's profile
- A valuable boost for your culinary career

A boost for your culinary career

Thanks to more than 20 years of experience and a strong reputation in the culinary field, Gastronomicom collaborates with prestigious fine-dining restaurants throughout France, including Relais & Châteaux establishments and restaurants referenced in the French Michelin Guide.

The internship is a highly formative experience that helps students understand the realities of a professional culinary career. It is also a prestigious addition to CV/resume and an excellent opportunity to gain confidence, discipline, and professional experience in a demanding restaurant environment.



ACCOMMODATION

LIVING IN CAP D'AGDE DURING YOUR TRAINING

Cap d'Agde is a lively Mediterranean seaside resort in the South of France, offering an ideal



environment for students during their culinary or pastry training at Gastronomicom. Students can enjoy 14 km of sandy beaches, a marina with around 3,000 moorings, water sports, walking paths around the harbor, cycling paths, a 27-hole golf course and an International Tennis Club.

To make students' arrival and stay easier, Gastronomicom offers accommodation options through partner residences located in Cap d'Agde. This service is designed especially for international students

who would like a convenient housing solution before arriving in France.

Accommodation through Gastronomicom is optional. Students are free to arrange their own housing if they prefer. However, if you would like to book accommodation through the school, our team will check availability and guide you through the process.

Important: accommodation requests, bookings and accommodation payments must be handled directly with Gastronomicom. Only the security deposit is paid directly to the residence upon arrival.

OUR PARTNER RESIDENCES

Gastronomicom currently works with two partner residences in Cap d'Agde:

Option 1: Odalys Saint-Loup Residence

Located in a 4-hectare landscaped park, Odalys Saint-Loup offers a spacious and natural environment close to shops, the harbor, the beach and public transport. A bus stop is located at the entrance of the residence, making it easy for students to reach the school and Agde train station. The residence is approximately 8 minutes from the school by bus.

Odalys Saint-Loup is a practical and affordable option for students who want accommodation near the school, with several types of lodging available depending on preferences and availability.

Facilities include apartments or studios, an outdoor heated swimming pool open from mid-April to mid-September, a green park environment, and easy access to the harbor, beach, shops and public transport.

Security deposit: €500, requested upon arrival by credit card.



Odalys Saint-Loup Residence: Accommodation Options

Accommodation	Details	Price
Shared two-bedroom apartment with another student	Approx. 46m ² . Living room, equipped kitchenette, 2 bedrooms with single beds, bathroom, separate toilet, TV, safe, balcony or terrace.	€450 per student per month
Individual studio	Approx. 18m ² . Living room with pull-out bed, equipped kitchenette, shower room with toilet, TV, balcony.	€600 per month
Individual apartment with one bedroom	Approx. 39m ² . Living room, equipped kitchenette, 1 bedroom, bathroom, separate toilet, TV, safe, balcony or terrace.	€700 per month
Individual apartment with two bedrooms	Approx. 46m ² . Living room, equipped kitchenette, 2 bedrooms, bathroom, separate toilet, TV, safe, balcony or terrace.	€900 per month

Address: Odalys Saint-Loup Residence 1, avenue des Soldats 34300 Le Cap d'Agde, France

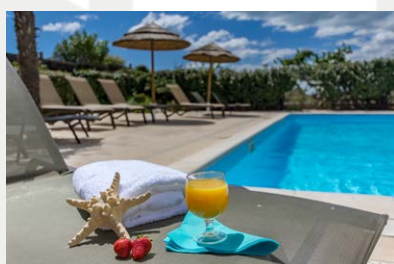
Option 2: Thalacap Residence ****

Thalacap is Gastronomicom's new accommodation partner in Cap d'Agde. This residence offers a more modern and higher-quality housing option for students looking for extra comfort during their stay.

The apartments at Thalacap include an individual room, an equipped kitchen, a living room and a TV. The residence is located close to the sea, the harbor and a bus stop, making it a convenient option for students attending Gastronomicom.

Availability at Thalacap is very limited, so students interested in this option are strongly advised to contact Gastronomicom as early as possible.

- **Security deposit:** €500 requested upon arrival, by credit card or cash.
- **Inventory check:** carried out within 2 days after arrival.
- **Pets:** €60 per month, not included in the accommodation price.



Accommodation	Details	Price
Individual studio	Individual room, equipped kitchen, living room, water/electricity/heating charges, high-speed Wi-Fi, bed linen provided and changed once a week, TV, personalized welcome and assistance during the stay.	€1,500 for 2 months
		€2,100 for 3 months

HOW TO BOOK YOUR ACCOMMODATION

To request accommodation through Gastronomicom, please contact our team. We will confirm availability, explain the booking conditions and help you choose the option best suited to your stay.

Email: contact@gastronomicom.fr

Phone: +33 (0)4 67 32 15 07

Accommodation is subject to availability, especially for Thalacap Residence. Early booking is recommended.

CONTACT US



GASTRONOMICOM
- FRANCE -
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