



SCHOOL OF HUMANITIES

# Department of Tourism & Hospitality

Continuing Education Courses



# Helping the Tourism, Hospitality, and Culinary Sector meet the challenges of the future...

**Leading** provider of career focused education

Training with high **practical** content

**State of the art** teaching facilities

**Work placement** programme

Strong industry **collaborations**

The Department of Tourism & Hospitality is a leading provider of education for the Culinary, Hospitality, and Tourism sectors. The courses are focused on the real needs and skills required for a career in the sector, and are an ideal blend of practical skills, underpinned by the requisite theoretical knowledge, and are linked to work based learning in suitably approved premises.

The Department has a proud record of producing some of the most work prepared graduates of any institute or college, and our graduates can be found in leading culinary, tourism, and hospitality businesses both at home and abroad.

The needs of the hospitality and culinary business are constantly changing and developing, and people who work in the sector constantly need to redevelop their skill and knowledge base, develop new skills, or respond to changes in the business environment. Equally as they progress through the sector, and experience opportunities for supervisory roles, new demands will be placed on them. The successful operator will over the course of their careers need to meet new demands and challenges.

We would advise all who work in the sector, those behind the scenes in Kitchens, or those who are to the fore in dealing with customers to take every opportunity to enhance their skills and continue to develop their knowledge for the sector.

Thank you for considering a course in CIT's Department of Tourism & Hospitality, and please feel free to discuss with us the most suitable option for skills development in your chosen career.

We look forward to welcoming you to one of the best equipped Hospitality and Culinary schools in the country, where the highly experienced lecturing team are at the forefront of tourism, culinary, and hospitality education.



**Adrian Gregan FIHI**  
Head of Department  
Tourism & Hospitality

# Contents

All of our continuing education courses are designed to develop students' skills and knowledge in the constantly changing tourism, hospitality and culinary sectors.

## **Bachelor of Arts in Culinary Arts** **1**

A course designed to develop advanced Culinary art skills of a specialised nature for the professional chef.

## **Advanced Certificate in Professional Cookery Total Immersion Programme** **2**

Aimed at mature participants with a passion for cookery, who wish to pursue a career as a professional chef.

## **Advanced Certificate in Professional Cookery National Traineeship** **3**

Focuses on developing professional qualifications for people who are working in the field of professional cookery, but have not previously gained a Professional Cookery qualification.

## **Primary Certificate in Food Hygiene** **4**

Allows you to attain this minimum requirement for food handlers.

## **Bakery Techniques** **5**

Provides skills and knowledge in the areas associated with modern pastries and breads.

## **Pastry: Tarts and Small Gateaux** **6**

A hands-on course providing skills and knowledge in the area of modern pastries.

## **Supervisory Development Programme** **7**

A course designed specifically for existing supervisors who want to develop their management skills.

## **Professional Bar Operations** **8**

Aims to give students an introduction to the knowledge and skills necessary to become competent bartenders.

## **The Art of Mixology & Cocktail Making** **9**

An introduction to the world of cocktail preparation and service.

# Bachelor of Arts in Culinary Arts

## Course Code

CR\_OCULP\_7\_Y3

## Course Fee

CIT Fee €2,500 (Fáilte Ireland supported premises)  
€5,000 (where a participant is not in full time  
employment in a Fáilte Ireland supported premises)

## Enquiries

Geraldine McCarthy  
T: 021 433 5820  
E: [hospitality@cit.ie](mailto:hospitality@cit.ie)

## Entry Requirements

- Selection for this course will also be based on an interview to be held in Cork Institute of Technology.
- A recognised Culinary Arts or Professional Cookery qualification or equivalent;
- Minimum of 1 year's post qualification industry experience in a professional kitchen environment;
- Currently working as a Chef in a recognised catering establishment;
- Participants with significant industry experience but without previous formal qualifications may be considered through the Recognition of Prior Learning (RPL) process;

## Aims

The aim of this course is to develop advanced Culinary Art skills of a specialised nature. The emphasis is on extending culinary knowledge and ability in a flexible and imaginative manner towards excellence, innovation and artistic merit.

## Course Delivery

Part-time basis one day per week;  
Students should expect to take 2 to 3 years to complete the Bachelor of Arts in Culinary Arts;  
Students are required to have completed Part 1 of any module prior to commencing Part 2;  
Modules are offered subject to demand and mode of delivery is in consultation with the student group.

Modifications to the configuration of the course may take place in accordance with changing requirements.

## Award

HETAC Bachelor of Arts in Culinary Arts Level 7



**Claire O'Connor**, winner of a silver medal in the European Association of Hotel & Tourism Schools Annual Conference and Competitions, Macedonia in 2013.

## Course Content

### 12 Modules

Advanced Pastry 1	Advanced Pastry 2	Advanced Culinary Skills 1
Advanced Culinary Skills 2	Culinary Leadership & Training	Cost Management
Research Methods & Styles	Food Product Development Techniques	Synoptic Study
Service Business Environment	Gastronomy in the Modern World	Food Product Development Concepts



This programme is supported  
by Fáilte Ireland

# Advanced Certificate in Professional Cookery Total Immersion Programme

## Course Code

CR\_FALPR\_6\_Y1

## Course Fee

CIT Fee €2,500

## Enquiries

Ann O'Connor  
T: 021 433 5839  
E: ann.connor@cit.ie  
E: hospitality@cit.ie

## Entry Requirements

Selection for this course is based on an interview to be held in the Cork Institute of Technology.

## Aims

This course is aimed at mature participants, with a passion for cookery, who wish to pursue a career as a professional chef in the hospitality sector. The course covers the key skills required in professional cookery and is delivered in 3 stages of learning:

1. Learning the Fundamentals
2. Exploring the Techniques
3. Refining Culinary Service

The course provides participants with the benefits of personnel attention, instant feedback, hands-on experience and reinforcement, so that each carefully planned class provides participants with the tools for working in the catering sector. Participants will truly immerse themselves in the world of professional cookery.

The course offers high quality, hands-on education where both theory and practical elements are delivered in state-of-the-art professional culinary facilities. As part of the course, participants work in industry in a professional kitchen and enhance their practical cookery skills.

## Benefits of this course

- Gain an internationally recognised qualification in 12 months;
- Avail of valuable college education and intensive industry experience in a structured manner;
- As a participant, you will develop a broad base of knowledge, a confidence in your skills and the fluency to move successfully into a career that is right for you.

## Course Content

### 12 Modules

Culinary Skills and Standards	European, Mediterranean Cuisine	Global Cuisine
Pastry	Larder	Restaurant Service
Communications	Food Safety	Nutrition
Gastronomy	Culinary Science	Technology

## Course Delivery

The course is 12 months in duration structured as follows: 9 months of 3 days in college and 2 days working in industry with an employer of choice, followed by 3 months intensive structured industry training with an employer of choice.

## Award

FETAC Advanced Certificate in Professional Cookery Level 6  
**Note:** Places are limited to 16 participants per year



This programme is supported  
by Fáilte Ireland

# Advanced Certificate in Professional Cookery National Traineeship

## Course Code

CR\_FCHEF\_6\_D1

## Course Fee

€1,500 per year  
The course fee is fully supported by Fáilte Ireland for participants deemed to represent tourism premises.

## Enquiries

Geraldine McCarthy  
T: 021 433 5820  
E: [hospitality@cit.ie](mailto:hospitality@cit.ie)

## Entry Requirements

Participants must already be working in professional cookery, in an establishment where their employer is committed to facilitating their further training;

This course operates on the basis of mentor direction i.e. participating employers are required to provide a mentor/trainer who is a member of the culinary staff and who has successfully completed an accredited trainer course;

Selection for this course is based on an interview to be held in the Cork Institute of Technology.

## Aims

This course focuses on developing professional qualifications for people who are working in the field of professional cookery, but have not previously gained a Professional Cookery qualification.

## Benefits of this course for the participant:

- Gain an internationally recognised qualification in your chosen field of study;
- Enrich your job immediately as you acquire more skills and secure a better future within the industry.

## Employer Commitment is Vital

Participating employers play a crucial role in the operation of the course by contributing to the development of the learner's progress through following a course of directive learning and by abiding by a specific code of practice developed for the course.

## Course Content

The Traineeship in Professional Cookery is a day release course with attendance at CIT and on-the-job training in a recognised catering business over a 2-year period.

**Note:** In September of each year, some full-time attendance is required on the course.

## 12 Modules

Culinary Skills & Standards	Food Safety	Nutrition
Classical Cuisine	Pastry	Larder
Gastronomy	Culinary Science	Technology
Menu planning & Cost Control	Restaurant Service & Communications	European, Mediterranean, & Global Cuisine

## Course Delivery

2 Years Day Release

## To Apply

**Participant:** Complete the application form (available from the Department Secretary) and return to the Department of Tourism and Hospitality at CIT.

**Employer:** Establishments wishing to operate this course and nominating an employee must be registered with Fáilte Ireland. Please complete the Registration of Establishment form and return it to the Department of Tourism and Hospitality at the Cork Institute of Technology.

## Award

FETAC Advanced Certificate in Professional Cookery Level 6

**Note:** Modifications to the configuration of the course may take place in accordance with changing requirements.



This programme is supported  
by Fáilte Ireland

# Primary Certificate in Food Hygiene

## Course Code

CR\_OFHYG\_6

## Course Fee

€230 (payable to CIT) and a €30 Exam Fee (payable to EHOA)

## Enquiries

Catherine O'Mahony  
T: 021 433 5842  
E: [hospitality@cit.ie](mailto:hospitality@cit.ie)

Apply on line at  
<http://www.cit.ie/course/CROFHYG6>

## Aims

The Primary Certificate in Food Hygiene is a minimum requirement for all food handlers.

## Course Content

- Food Hygiene
- Food Contamination
- Food Delivery and Storage
- Food Preparation, Cooking and Service
- Personal Hygiene
- Design and Layout of Food Premises and Pest Control
- Cleaning
- An introduction to Hazard Analysis Critical Control Points

## Course Delivery

This course commences in September. The course is operated on one evening per week over 4 weeks. It consists of a 3 hour practical class each evening.

## Award

EHOA (Environmental Health Officers Association) Primary Certificate in the Principles & Practice of Food Hygiene

**Note:** Modifications to the configuration of the course may take place in accordance with changing requirements.



# Bakery Techniques

## Course Code

**CR\_FPASB\_6**

## Course Fee

€450 (includes exam fee)  
In addition, a €60 fee for  
the necessary work  
uniform is required.

## Enquiries

Catherine O'Mahony  
T: 021 433 5842  
E: [hospitality@cit.ie](mailto:hospitality@cit.ie)

Apply on line at  
<http://www.cit.ie/course/CRFPASB6>

## Aims

This course provides skills and knowledge in the areas associated with modern pastries and breads. It is suitable as a foundation course or to build on existing skills. This is a hands on course where the student will gain practical experience in class.

## Course Content

- Yeast Breads
- Bagels
- Soda Bread Extensions
- Bun Doughs
- Croissants
- Danish Pastries
- Puff Pastry
- Brioche

## Course Delivery

This course commences in September. The course is operated on Monday evenings over 8 weeks and consists of a 4 hour practical class each evening from 6pm to 10pm.

## Apply

Apply online or by application form (available from the Department Secretary). Deadline for applications is 31st August. Places are limited on this course.

## Award

An Institute Certificate will be awarded to all successful participants



# Pastry: Tarts and Small Gateaux

## Course Code

CR\_FPTSG\_6

## Course Fee

€450  
In addition, a €60 fee for the necessary work uniform is required.

## Enquiries

Catherine O'Mahony  
T: 021 433 5842  
E: [hospitality@cit.ie](mailto:hospitality@cit.ie)

Apply on line at  
<http://www.cit.ie/course/CRFPTSG6>

## Aims

This course provides skills and knowledge in the areas of modern pastries. This is a hands on course where the student will gain practical experience in class.

## Course Content

Modern Gateaux and small pastries made using the following:

- Macaroons
- Choux Pastry
- Sweet Pastry
- Puff Pastry
- Chocolate Techniques
- Fillings – glacage, mousse, frangipane, caramel, pastry cream, praline, etc.

## Course Delivery

This course commences in February and will operate on Monday evenings over 8 weeks, consisting of a 4 hour practical class each evening from 6pm to 10pm.

## Apply

Deadline for applications is the 31st December. Apply online or by application form (available from the Department Secretary). Places are limited on this course.

## Award

An Institute Certificate will be awarded to all successful participants.

**Note:** Modifications to the configuration of the course may take place in accordance with changing requirements.



# Supervisory Development Programme

## Course Code

CR\_OSDPR\_6

## Course Fee

€650

## Enquiries

Geraldine McCarthy  
T: 021 433 5820  
E: [hospitality@cit.ie](mailto:hospitality@cit.ie)

Apply on line at  
<http://www.cit.ie/course/CROSDPR6>

## Entry Requirements

This course is suitable to learners who have previously undertaken courses in culinary, tourism or hospitality operations.

Applicants with industry work experience may be considered.

Many organisations are in a position where their supervisors have excellent technical skills, but they often lack management skills which are essential to be an effective supervisor. There is increasing evidence that people management is positively related to superior organisational performance.

## Aims

This course is designed specifically with the needs of the hospitality and tourism sector in mind. It is ideally suited to existing Supervisors who have not previously had the opportunity to formally develop their supervisory and management skills. Equally, the course will meet the needs of persons, who have ambitions to become supervisors.

## What is covered on this course?

At the end of this course, participants will be able to:

- Define their role and responsibilities as supervisors and managers within their business;
- Review the current operational performance standards using prepared performance checklists and develop a plan to identify areas of current and on-going further development;
- Understand and respond to the key performance indicators within their supervisory area;
- Develop leadership and motivational skills and apply those skills in relation to their own team;
- Organise and delegate tasks and roles effectively;
- Communicate effectively with their management and staff;
- Apply problem-solving and decision making skills and techniques;
- Explain the principles and application of various analysis of the dynamics of team roles;
- Provide effective feedback and coaching on service performance;
- Practice the fundamental principles of work place coaching.

## Course Delivery

This course may be offered as a day release course over 30 weeks or alternatively 2 nights per week over the academic year.



## Apply

Apply online or by application form (available from the Department Secretary). Deadline for applications is 31st August. Places are limited on this course.

## Award

Institute Certificate in Supervisory Development

**Note:** Modifications to the configuration of the course may take place in accordance with changing requirements.

# Professional Bar Operations

## Course Code

CR\_OBARR\_6

## Course Fee

€350

## Enquiries

Gail Cotter  
T: 021 433 5835  
E: [hospitality@cit.ie](mailto:hospitality@cit.ie)

Apply on line at  
<http://www.cit.ie/course/CROBARR6>

## Aims

This course aims to give participants an introduction to the knowledge, skills and aptitude necessary to become competent bartenders.

This is a hands on course where the student will gain practical experience in class

## Course Content

- Responsible Service of Alcohol
- Attributes of the Professional Bartender
- Customer Care
- Basic Bar Legislation
- Service of Beverages: both alcoholic and non-alcoholic
- Product Knowledge
- Cellar and Cold Room Equipment
- Cocktails and Wines and Wine Service
- Use of Specialised Equipment e.g. cash register, EPOS, glass washer
- Hygiene and Safety Procedures

## Course Delivery

The course commences in September and is operated on one evening per week over 8 weeks and consists of a 3 hour practical class each evening.

## Apply

Apply online or by application form (available from the Department Secretary). Deadline for applications is 31st August. Places are limited on this course.

## Award

Institute Certificate in Bar Operations

**Note:** Modifications to the configuration of the course may take place in accordance with changing requirements.



# The Art of Mixology & Cocktail Making

## Course Code

CR\_FAMCM\_6

## Course Fee

€400

## Enquiries

Gail Cotter  
T: 021 433 5835  
E: [hospitality@cit.ie](mailto:hospitality@cit.ie)

Apply on line at  
<http://www.cit.ie/course/CRFAMCM6>

## Aims

An introduction to the world of cocktails, establishing a practical base in the methods of cocktail preparation and service. This is a hands on course where the student will gain practical experience in class

## Course Content

- Product knowledge
- History of Cocktails
- The structure of the Cocktail
- Methods of Cocktail making
- Use of equipment
- Production of Traditional and Contemporary Cocktails
- Use of garnishes
- Developing Cocktail and mixed drink menus
- Introduction to Molecular Mixology

## Course Delivery

The course commences in September and is operated on one evening per week over 8 weeks and consists of a 3 hour practical class each evening.

## Apply

Apply online or by application form (available from the Department Secretary). Deadline for applications is 31st August. Places are limited on this course.

## Award

Institute Certificate in Cocktail Making

**Note:** Modifications to the configuration of the course may take place in accordance with changing requirements.



# Award Winning Students



BA Culinary Arts student Lisa O'Brien, winner of the International Media Award from the Association du Mondial Des Arts Sucres held in Paris in 2010.



BBus in Culinary Arts student Jack O'Keeffe, winner of the 2013 'Knorr Young Chef of the Year'; the 'Food Forum Trainee Chef of the Year'; and 2012 'Euro-toque Young Chef of the Year' finalist.



Professional Cookery student Shane Deane was crowned Best Student Chef in Ireland in 2012.



Culinary Studies student Harry Marquart won the prestigious title of 'Head Chef 2011' having appeared on the TV3 series fronted by Michelin Star Chef Conrad Gallagher.



BA in Culinary Arts student Claire O'Connor scooped a silver medal in the European Association of Hotel & Tourism Schools Competitions 2012 which were held in Macedonia.



BBus in Culinary Arts student Maureen O'Regan, winner of the 2011 Dunhill Cuisine Award for Best Commercial Food Product at the National Third Level Student food Innovation Awards.



### What is Recognition of Prior Learning (RPL)?

A process designed to assist those interested in seeking academic credit for learning already acquired prior to registering on a module in CIT. It applies to all courses, modules and disciplines, at all levels as accredited by CIT.

#### In CIT, RPL can be used to gain:

- An exemption or mark for a module or a number of modules
- Entry to a course in first year where an applicant may not meet the standard entry requirements
- Advanced entry to a course at a stage other than first year

#### There are two main categories of RPL:

- The recognition of learning which has already had a formal certification within the higher education system in Ireland or abroad, often referred to as formal learning
- The recognition of learning which has been gained through experiences in the workplace, in voluntary work or elsewhere, usually referred to as experiential learning

### Measurement

Every course in CIT is mapped to the appropriate level on the National Framework of Qualifications (NFQ) [www.nfq.ie](http://www.nfq.ie)

The RPL system allows for learning to be measured and recognised regardless of where it was gained. This means that a student can be granted credits and/or exemptions from modules on CIT courses where they can show that they have achieved sufficient prior learning.

### How to apply

The Department of Tourism & Hospitality actively supports the RPL process.

The application for RPL is structured as a portfolio document. A portfolio is a collection of information and documentation which supports an application and provides evidence of the learning.

### Further information is available:

[www.cit.ie/rpl](http://www.cit.ie/rpl)

T: 021 433 5132

E: [rpl@cit.ie](mailto:rpl@cit.ie)

**[www.cit.ie/rpl](http://www.cit.ie/rpl)**

# Full-time Courses ...

In addition to our range of Continuing Education courses, the Department of Tourism & Hospitality at the Cork Institute of Technology offer the following courses on a full time basis:

## **CR 660 BBus (Honours) in Tourism**

### **Potential Areas of Employment**

- Tourism Development
- Air, Cruise and Coach based Management
- Tourism Promotion & Marketing
- State Bodies involved in Tourism

## **CR 041 BBus in Tourism**

### **Potential Areas of Employment**

- Tourism & Heritage Promotion and Development
- Air, Cruise, and Coach based Travel
- Visitor Attractions & Activity Centres
- Tourist & Heritage Guiding and Information

## **CR 042 BBus in Hospitality Management**

### **Potential Areas of Employment**

- Hotel and Restaurant Management
- Reservations and Revenue Management
- Conference and Event Management
- Human Resources and Training

## **CR 640 BBus in Culinary Arts**

### **Potential Areas of Employment**

- Hotels and Restaurants
- Food Marketing & Product Development
- Pastry & Confectionary
- Training & Education

## **CR 650 BBus in Bar Management**

### **Potential Areas of Employment**

- Bar Management
- Bar Training & Education
- Wine Retailing and Sommelier
- Hotel, Restaurant, Catering Management

## **CR 655 Higher Certificate in Arts in Culinary Studies**

### **Potential Areas of Employment**

- Hotels & Resorts
- Fine-dining Restaurants
- Gastro Pubs
- Event Catering

## **CR 657 Higher Certificate in Arts in Hospitality Studies**

### **Potential Areas of Employment**

- Hotels, Restaurants, Licenced Premises
- Accommodation Providers
- Catering and Events Companies
- Specialist functions such as Reservations & HR



**The Department of Tourism & Hospitality offers the following Professional Development Courses:**

- Bachelor of Arts in Culinary Studies
- Advanced Certificate in Professional Cookery Total Immersion Programme
- Advanced Certificate in Professional Cookery National Traineeship
- Primary Certificate in Food Hygiene
- Bakery Techniques
- Pastry: Tarts and Small Gateaux
- Supervisory Development Programme
- Professional Bar Operations
- The Art of Mixology & Cocktail Making

**E:** [hospitality@cit.ie](mailto:hospitality@cit.ie) **T:** 021 433 5820 **W:** [www.cit.ie](http://www.cit.ie)



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**Fáilte Ireland**  
National Tourism Development Authority