

## Intensive Training Programs at **SITCA**



### **Table of Contents** Page

Benefits of Training in the Kingdom	1
Our Qualifications & Facility	2
The Programs	3
Six-Day Program Details	4
Twelve-Day Program Details	5-6
Learning Materials Provided	7
Meals & Accommodations	8
Visas, Job Placement & Cancellation	9
About Samui Island	10
Application Form	11

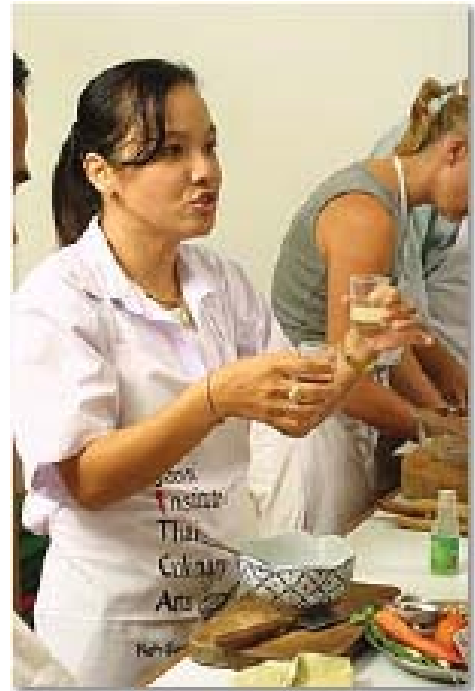


Samui Institute of Thai Culinary Arts

## Intensive Training at SITCA

The number of Thai restaurants worldwide has exploded. The coming years will see more establishments open, bringing more competition. As in any area of the restaurant industry, those employing the best chefs will enjoy the greatest success.

Whether you are considering a career in the culinary arts or currently work in or own a Thai restaurant, there is no better way to improve your chances of succeeding than to study with Thai culinary masters in the cuisine's country of origin.



## Benefits of Training in the Kingdom

There are many traditional ingredients and regional dishes largely unknown to Thai food lovers and chefs outside of Thailand. You will become acquainted with these during your training at **SITCA**, where you will acquire the knowledge needed to make substitutions where necessary, and learn ways you can approximate these dishes in your kitchen using the ingredients you can obtain locally. This is knowledge very few foreign chefs are privileged to acquire.

The Thai culinary arts are more than just cooking. At **SITCA** you will acquire rarified skills which will add refinement to any dining experience. These skills will add incalculably to your resume or restaurant. There is no place in the world you will receive more expert and patient instruction than at **SITCA**.



## **SITCA's Qualifications**

Since opening in 1999, **SITCA** has become one of the Kingdom's most respected and established private culinary institutes, providing English language instruction in the Thai culinary arts.

**SITCA's** is Thailand's first and only culinary vocational training center to have been approved by internationally recognized London based *City & Guilds*, (though in 2009 we discontinued this association due to minimal interest from our students.)

Our daily cooking classes and fruit and vegetable carving courses are recommended by *Frommer's*, *Lonely Planet*, and the *Rough Guide to Thailand*, and have been written about in *Bangkok Post*, *The International Herald Tribune*, and many other publications worldwide, as well as being featured on BBC World TV and other TV broadcasts in many countries.

Before co-founding the Institute in 1999, director Roongfa Sringam was employed for over 10 years in the kitchens of 5 star hotels in Thailand which cater to a clientele consisting largely of visiting foreigners. She is one of Thailand's foremost experts in the preparation of traditional Thai cuisine for the palates of a non-Thai clientele; as are all instructors employed at **SITCA**.

An award-winning master fruit and vegetable carver, among other honors, in May of 2001 Roongfa was invited to give a demonstration in the art of Thai style food carving to students and faculty at world renowned Culinary Institute of America in Hyde Park New Y



**SITCA** occupies a three story facility just steps from Chaweng Beach. Our spacious teaching rooms, kitchens, and dining room are perfectly suited to the needs of professional training in the relaxing environment of Samui Island.

## Participate in our Six-Day or Twelve-Day Program



### **Six-Day Thai Cuisine Immersion - 52,500 baht**

Sixty dishes are learned hands-on in 6 intensive days. Just as in our longer Training for Professionals program, the curriculum has been painstakingly designed to expose students to all important areas of the cuisine, including salads, curries, soups, stir-fries, steamed dishes, and desserts. Every student prepares every dish. Sessions take place beginning the third Monday of every month. Instruction is Monday through Saturday for one week and begins each day at 10:00 am.

### **Twelve-Day Training for Professionals - 105,000 baht**

Those who participate in this 12-day program learn over 100 recipes hands-on, learning details about the preparation of authentic Thai dishes to which non-Thais are rarely exposed. A full-day introduction to the art of Thai style fruit and vegetable carving is also included. (Those who wish to receive additional training in this area can make special arrangements to do so.) Sessions take place beginning the first Monday of every month. Instruction is Monday through Saturday for two weeks and begins each day at 10:00 am.

All instruction is in English and is designed to train students to prepare traditional and authentic Thai cuisine to a professional standard. You will eat what you cook, so you need only plan to budget for your daily breakfast. The cost of accommodation is not included in the tuition fee. For conversion of your currency into Thai baht, go to: <http://www.xe.com/ucc/>

Students receive SITCA's certificate of achievement upon completion of the above programs.

## Six-Day Thai Cuisine Immersion at **SITCA**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Session</b> Begins 10:00 am	Barbecued Chicken Satays and Peanut Sauce	Making Coconut Milk, Cream and Oil	Homemade Penang Curry Paste	Homemade Chu Chee Curry Paste	Homemade Green Curry Paste	Homemade Red Hot Curry Paste
	Homemade Tom Yum Paste	Homemade Massaman Curry Paste	Penang Curry with Chicken	Chu Chee Curry with Fish	Green Curry with Beef	Fried Red Hot Curry with Seafood
	Homemade Chicken Stock	Massaman Curry with Chicken	Coconut Milk Soup with Fresh Seafood	Mixed Vegetables Salad with Red Curry Sauce	Barbecued Marinated Chicken	Egg Nets Stuffed with Pork and Shrimp
	Tom Yum Kung (Spicy Prawns Soup)	Steamed Whole Chicken with Mixed Fresh Herbs	Deep Fried Spring Rolls	Chicken Soup with Mixed Herbs	Fried Noodles (Phad Thai)	Dipping Minced Pork with Tomato Sauce and Vegetables
	Homemade Red Curry Paste	Duck Noodle Soup	Barbecued Marinated Chicken with Red Curry Sauce	Deep Fried Crispy Cups with Fried Chicken and Vegetables	Deep Fried Fish Cakes	Mixed Vegetables Soup
1:00 pm	Break	Break	Break	Break	Break	Break
<b>Afternoon Session</b> Begins 2:00 pm	Red Curry with Chicken	Marinated Chicken in Pandan Leaves	Steamed Fish Cakes in Banana Leaves	Noodle Soup with Pork	Spicy Glass Noodle Salad	Deep Fried Prawns with Tamarind Sauce
	Deep Fried Chicken Wrapped in Lemon Grass	Stuffed Squid Soup	Eggplant Salad	Mixed Fruit Salad	Fried Seafood with Garlic and Pepper	Spicy Fried Rice with Seafood and Basil
	Steamed Fish in Plum Sauce	Barbecued King Prawns Spicy Salad	Yellow Rice with Chicken	Deep Fried Fish with Sweet & Sour Sauce	Spicy Fish Soup with Basil	Savory Fried Noodles with Meat and Seafood
	Papaya Salad with Coconut Rice	Fried Rice with Shrimp Paste	Deep Fried Mushrooms on Toast	Chicken Rice	Fried Crispy Pancake with Mussels	Barbecued Fish with Herbs in Banana Leaves
	Sweet Sticky Rice with Mango	Sweet Tako	Mixed Vegetables in Sweet Coconut Milk	Pumpkin Custard	Steamed Sticky Rice and Banana Wrapped in Banana Leaves	Three Colored Dough in Coconut Milk

## TRAINING FOR PROFESSIONALS AT SITCA - WEEK 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am - 1:00 pm <b>Morning Session</b>	Massaman Curry Paste	Red Curry Paste	Green Curry Paste	Yellow Curry Paste	Penang Curry Paste	Yellow Sour Curry Paste
	Massaman Chicken Curry	Red Chicken Curry	Steamed Fish with Ginger and Soy Sauce	Yellow Chicken Curry	Penang Chicken Curry	Yellow Sour Curry with Prawns and Mixed Vegetables
	Spicy Prawns Soup "Tom Yum Kung"	Coconut Milk Soup with Seafood	Fried Rice with Pineapple	Baked Glass Noodles	Fried Seafood Pancakes	Coconut Milk Soup with Pumpkin and Fish Balls
	Steamed Fish in Plum Sauce	Spicy Crispy Catfish Salad	Barbecued Marinated Chicken with Red Curry Sauce	Deep Fried Stuffed Crab Meat in Crab Shells	Spicy Sour Fish Soup with Ginger	Pork Belly and Egg with Five Spice Powder
	Mixed Satays with Peanut Sauce and Cucumber Relish	Steamed Rice with Duck		Duck Noodle Soup	Spicy Fried Rice with Seafood and Basil	Savory Fried Noodles with Meat or Seafood
1:00 pm - 3:00 pm	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
3:00 pm - 7:00 pm <b>Afternoon Session</b>	Coconut Milk, Cream & Oil	Sweet & Sour Sauce	How to Make Tom Yum Paste	Steamed Bananas with Glutinous Rice	Noodles Fried with Prawns	Party Chicken Cups
	Steamed Fish Cakes	Sweet Chili Sauce	Spicy Seafood Soup with Basil	Deep Fried Spring Rolls	Deep Fried Chicken Wrapped in Lemon Grass	Dipping Shrimp Paste with Mixed Vegetables
	Steamed Rice with Chicken	Marinated Chicken in Pandan Leaves	Fried Rice with Shrimp Paste and Condiments	Eggplant Salad	Spicy Seafood Salad	Dipping Minced Pork and Tomatoes with Mixed Vegetables
	Pumpkin Custard	Spicy King Prawns Salad	Sweet Sticky Rice with Mango	Egg Nets Stuffed with Fried Pork and Shrimp	Deep Fried Whole Fish with Red Curry Sauce	Deep Fried Whole Fish with Turmeric, Garlic & Pepper
		Fresh Spring Rolls			Pudding Cake with Pandan and Coconut Cream	Black Sticky Rice with Custard
		Pandan Pudding Topped with Coconut Cream				

## TRAINING FOR PROFESSIONALS AT SITCA - WEEK 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am - 1:00 pm <b>Morning Session</b>	Tour of Vegetable & Seafood Markets —— Visit to a Rice Farm —— Sampling of Local Foods	Vegetarian Tom Yum Paste	Papaya Salad	Chu Chee Curry Paste	Jungle Curry Paste	Introduction to the basics of the Thai style art of fruit and vegetable carving <b>Part One</b>
		Pomelo Salad	Barbecued Marinated Chicken	Chu Chee Curry with Fish	Jungle Curry with Chicken	
		TomYum Mushroom Soup	Spicy Minced Duck Salad	Crispy Pork	Sour Curry Paste	
		Red Curry Paste	Chicken Soup with Dill	Stir Fried Stuffed Tofu in Sweet & Sour Sauce	Sour Curry with Crabs	
		Red Curry with Mixed Vegetables	Steamed Sticky Rice	Steamed Whole Chicken with Mixed Fresh Herbs	Red Curry with Stuffed Squid	
		Fried Rice with Mixed Vegetables	Steamed Rice with Coconut Milk	Glass Noodle Soup	Yellow Rice with Chicken	
		Mixed Vegetables with Roasted Chili Dipping Sauce			Noodle Soup with Pork	
1:00 pm - 3:00 pm	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
3:00 pm - 7:00 pm <b>Afternoon Session</b>	Marinated Duck in Red Curry	Mixed Vegetables Soup	Spicy Pork Salad	Red Hot Curry Paste	Stir Fried Blue Crabs in Yellow Curry	Introduction to the basics of the Thai style art of fruit and vegetable carving <b>Part Two</b>
	Spicy Fish Soup with Sweet Basil	Stir Fried Rice Noodles with Coconut Cream	Marinated Barbecued Beef with Chili Sauce Salad	Stir Fried Red Hot Curry with Seafood	Stir Fried Prawns with Ginger	
	Spicy Glass Noodle Salad	Fried Mixed Vegetables with Sweet & Sour Sauce	Pickled Bamboo Salad	Grey Mullet Fish Soup with Turmeric	Stir Fried Chicken with Garlic and Hot Basil	
	Stir Fried Seafood with Peppercorns	Deep Fried Stuffed Mushrooms on Toast	Deep Fried Marinated Pork with Sesame Seeds	Deep Fried Soft Tofu with Soy Sauce	Stir Fried Chicken with Cashewnuts	
	Boiled Egg Yolks in Syrup		Cucumber Salad		Taro, Potatoes, Pumpkin and Sweet Potatoes in Coconut Milk	

## Learning Materials Provided to Participants of SITCA's Intensive Programs



**Note:** Participants in the *Six-Day Thai Cuisine Immersion* program do not receive the carving related materials pictured above.

## Meals & Accommodations

Lunch and dinner are included in the cost of tuition and will often be taken with our staff and instructors. This will give students the opportunity to learn some of the Thai language with our team in a relaxed and friendly setting.

**SITCA** can arrange private accommodation at a nearby guesthouse at students' expense. Or if they prefer, students may choose to arrange their own accommodations. Many options for doing so are available on the Internet.

Our facility is located in a side street off the Chaweng Beach road, a three minute walk from the beach. There are several budget price guesthouses in the immediate vicinity, with rooms that are private, clean, comfortable and air-conditioned.

Some guesthouses have safes available to secure valuables at no charge, and laundry service is available at reasonable prices very close by.

Upon receipt of your tuition deposit we will inform you of the room options available, and we will make your booking for you per your preference when your travel arrangements and check-in date have been finalized. You can pay for your room directly to the guesthouse when you arrive. Please note that if we book your room but you do not check-in as planned, you may be subject to a cancellation charge by the guesthouse.



**Standard Rooms**

---

500-700 baht per night



**Deluxe Rooms**

---

1,200 baht per night

## Visas Required by Thailand

Enrollment in our programs does not qualify you for a Thailand student visa. However 28 day tourist visas are granted by Thai immigration on arrival in Bangkok to nationals of many countries. Please check with the Thai embassy or consulate in your country to confirm that this visa is available to you. If not, you may have to apply for a visa at the Thai embassy or consulate in your home country before leaving.

If you wish to extend your stay in Thailand for a week or two beyond the date of your tourist visa you will usually be able to do so at the Koh Samui immigration office for a fee. If not, you will have to leave and re-enter Thailand (at the Malaysia border for example) to continue your travels here.

If you plan to seek employment in Thailand after your study, you should arrive in the Kingdom with a non-immigrant “B” visa, which you can try to obtain from the Thai embassy or consulate in your country. Contact them to learn the requirements. (This visa is usually only granted if you have a letter from a Thailand based company promising employment.)



## About Samui Island

Koh Samui lies 80 kilometers off the east coast of Thailand. Short flights leave several times a day from Bangkok. You can also fly here direct from Singapore and Phuket. The island is world famous amongst vacationers for its tropical splendor, bucolic charm, intimacy and easy pace of life.

## Nightlife

SITCA is located in Chaweng, the island's most lively village. Known for being home to one Samui's most beautiful beaches, its many restaurants and nightclubs often feature live entertainment, and two or three of its discos are hugely popular, and often packed into the early morning hours.

## Eating

Thai and Western-style eateries on Samui range from simple street carts where you can stop for a plate of Phat Thai at 40 baht (US\$1), to lavish seafood buffets on the beach at luxury hotels. There are also a good many pizzerias, European-style bakeries, and ice-cream parlors.

## Language and Culture

The local language is Thai with a Southern accent, but most everyone involved in commerce speaks English. Ninety percent of the population are Buddhist. Temples and monasteries can be found everywhere in Thailand, and Samui is no exception.

## Health, Safety and Wellbeing

Thailand has a constitutional monarchy with a democratic form of government that historically has been interrupted with military coups. These events have been considered by many to be simply part of the country's transition to a permanent form of democracy. With the exception of a political demonstration in 2008 which caused the closing of the country's airport for two weeks, tourism activities have been unaffected by recent internal disputes, which have never caused any bodily harm to visitors.

A sporadic and sometimes violent separatist movement is limited to several provinces close to the Malaysia border, far from Samui.

In general the Thai have a reputation for being an extraordinarily tolerant and peaceable people. Visitors often remark on how safe they feel everywhere they go in the Kingdom, even in bustling Bangkok.

## The Climate and the Seasons

Visitors are sometimes incorrectly informed about Koh Samui's seasons by travel agents. Nor are the guide books always accurate. The weather can seem unpredictable at times, because like all tropical islands, Samui sometimes gets downpours, even out of rainy season. Between the months of January and August, most days will be filled with sun. The months of March and April are the hottest. The rains usually come in October, and last until around the end of the year. During this period Samui sees frequent showers alternating with sunny spells.

## Arriving by Train and Ferry

If you would like to economize a little, a scenic and inexpensive alternative to flying to Samui from the mainland is to come by rail and boat, a one and a half day's journey from Bangkok. A sleeping berth in an air-conditioned night train is fairly comfortable, or if you've never tried it and are traveling with your partner, a cozy private cabin in first-class can be very romantic.



## For More Information

For complete information on all aspects of travel to and on the island including accommodations, we recommend using your favorite internet search engine to find some of the many websites devoted to these topics.

## SITCA APPLICATION FORM FOR 12 AND 6 DAY PROGRAMS

These programs are intensive, but you do NOT have to be a professional chef to participate. Twelve-day sessions begin the first Monday of every month. Six-day sessions begin the third Monday of every month.

To apply please fill out this form by typing in the boxes below, saving, and returning the PDF file as an email attachment to: [training@sitca.net](mailto:training@sitca.net). Or you can fill in this form by hand and fax it to us at: +66 (77) 413-434.

The application should be accompanied by an email or attached letter explaining your professional and/or personal interest in Thai cuisine, and what you hope to achieve with your training at **SITCA**.

If space is not available in the program in which you are interested, you will be notified immediately by email. If we are considering your application it may take us 1-2 weeks to get back to you. We will do our utmost to keep every applicant informed of their status in as timely a way as possible.

If you are accepted for one of our programs you will be asked to make a payment equal to 50% of the tuition amount. This payment can be made by SWIFT bank transfer. If you wish to pay by VISA or Mastercard via our online secure payment system a 5% ecom surcharge will apply. This 50% deposit will be due at the time of your acceptance and your place cannot be guaranteed until we have received it. The balance of your tuition will be due 30 days prior to the start date of the session for which you are accepted.

Name Gender: Male Female

Home Address

Home Telephone Number

Work Telephone Number

Email Address

Fax Number

Culinary Education (please send this information in a separate letter or an email if this space is too small)

Culinary Work Experience (please send this information in a separate letter or an email if this space is too small)

What is your English language speaking/comprehension level?

Fluent

Good

Fair

Poor

In which program / session(s) are you interested?

Six-day Thai Cuisine Immersion

Twelve-day Training for Professionals

FIRST CHOICE

SECOND CHOICE

THIRD CHOICE

Year      Month

Year      Month

Year      Month

Check one of the boxes below if you would like us to book you an accommodation at one of our recommended local guesthouses.

Standard Double Room

Deluxe Room

From

To