



Service à la Française  
Exportateur de talents

French excellence at your service  
Training & tailor-made events in your  
organisation



Training booklet with the participation of  
**Meilleurs Ouvriers de France**  
Africa And Indian Ocean Region 2018



*Avec les  
Meilleurs Ouvriers  
de  
France*

*Louvre Modernity and tradition*





*Avec les  
Meilleurs Ouvriers  
de  
France*

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*Pascal Molines*

Meilleur Ouvrier de France  
Pastry World Champion  
Vice President of SAF







*Avec les  
Meilleurs Ouvriers  
de  
France*



*Daniel Pichon*

Meilleur Ouvrier de France  
Floral Arrangement  
SAF Expert



Service à la Française  
Exportateur de talents

Dear Client,

You would like to see your staff improve and to show them how valuable they are. You have a demanding clientele and you want a renewed, creative and lively service. 'Service à la Française' (SAF) has been designed to meet these needs.

SAF covers 240 professions of the best workers in France; it is at the same time a manager of international projects and organiser of trainings and events. SAF organises and implements international missions around the world and is led by international specialists, each with over 20 years of international experience.

In Africa and Indian Ocean region, we have selected 19 crafts such as chefs, chocolatier, ice-cream maker, pastry chef, barman, sommelier, baker, landscaper, hairdresser, wellness and SPA.

The particularity of our training is that they take place within your establishment; they integrate a "fil-rouge" project around which trainings and events are organised and which will allow trainees to develop their creativity and make this investment profitable.

Enhance your establishment through French excellence training:

- Make use of the "expertise gained" or "acquired know-how",
- Pamper your regular customers,
- Elevate the radiance and image of your establishment,
- Get new customers and develop new commercial offers.

Convinced that SAF can meet your needs, I look forward for a rendez-vous at your establishment in 2018.



*Vincent LATAPIE*

**Vincent LATAPIE,**  
Founder of Service à la Française





Our Experts

France is the land of merit and excellence. It has a tradition that was perpetuated over centuries: it classifies, organizes, and rewards the best French skilled-workers and craftsmen through institutions such as the 'Meilleurs Ouvriers de France' (over 100 years) or the 'Compagnons du tour de France' (over 800 years).

All SAF experts are holders of an "excellence award". They have all been trained in knowledge audits, since they have all passed the tests proposed during the competitions. They can train, as apprenticeship is for them the main key knowledge.



Pascal MOLINES
Meilleur Ouvrier de France
Pastry World Champion
Vice President of SAF

Zoom on 'Meilleurs Ouvriers de France' (MOF)

Many craftsmen in France and abroad dream about the Meilleurs Ouvriers de France in their "blue-white-red" collar.

Created in 1924, the competition 'Meilleurs Ouvriers de France' valorises "the high qualification in the exercise of a professional activity in the artisanal, commercial, service, industrial or agricultural field".

Only the highly skilled craftsmen obtain this medal, hence the admiration. The competition is divided into 16 groups and assembles 240 crafts including amongst others, catering, and hotels hospitality (hotel craft), building construction and architectural heritage, industries manufacturing, clothing, jewellery, music, and food. More publicised than others of its group, the cuisine – gastronomy class distinguishes the chefs.

Crafts

Catering and hospitality

- Chef (gastronomy)
• Maître d'hôtel
• Sommelier
• Barman
• Gouvernante
• Receptionist

Food professions

- Pastry chef
• Delicatessen and catering
• Baker
• Ice-cream maker
• Chocolatier
• Cheesemonger
• Fishmonger
• Greengrocer

Building trades, heritage architectural and works public

- Carpentry and timber construction
• Joinery
• Cover – ornementants
• Plumbing, sanitary installation, fountains
• Floor tile
• Building smog
• HVAC – heating
• Plasterer decorator
• Masonry
• Mosaic art
• Stone crafts
• Decorative mirrors
• Interior painting decorations

- Marbre work
• Metalwork – locksmith
• Art ironwork
• Ornementants engraver
• Architectural models
• Solier
• Occupation of the pool

Textile and leather crafts

- Draftsmen for textiles and wallpapers
• Weaving, silk weaving
• Fabric printing
• Dyeing
• Carpet restoration and tapestries
• Cleaning, primer
• Gainerie and gainerie d'art
• Saddlery

Housing professions: wood and furnishing

- Cabinetmaking
• Joinery in seats
• Turner and torsor on wood
• Wood sculpture
• Restorer of furniture
• Tapestry – decoration
• Upholstery
• Wood gilder
• Restorer of paintings
• Rentoileur
• Marquetry
• Cooperage
• Basketry

- Pipier
• Traditional lacquer
• Shipbuilding wood and composite materials

Metal crafts

- Art foundry
• Ornamental bronze
• Goldsmith
• Art of copperware
• Industry crafts
• Boilermaking
• Sheet metal work
• Body repairer automotive
• Manual welding of metals
• Tooling, mechanical prototyping
• Electrical engineering

Forging

- Industrial models
• Art and technique of materials synthesis
• Modelling, construction
• Conception assisted by tooling computer products mechanical

Automotive technology

- Energy services trades

Earth and glass crafts

- Porcelain modeler
• Porcelain decoration
• Earthenware decoration
• Glassware, crystal
• Art stained glass
• Santons
• Pottery

- Ceramic restoration
• Glass blowing with the torch
• Clothing professions
• milliner

Tailor

- lingerie, corsetry, bra
• Prêt à porter – day
• Prêt à porter – evening

Fashion and beauty

- Lace
• Hand embroidery
• Glove
• Shoes
• Leather goods
• Hairdressing
• Aesthetics, make-up art

Jewellery

- Jewellery
• Jewellery, precious metals
• Polishing in jewellery
• Diamond
• Lapidary, colored stones
• Fine jewellery crimping

Techniques of precision

- Surgical instruments
• Eyewear
• Dental prosthesis
• Watchmaker-restaurateur
• Armory

Crafts of engraving

- Model engraving, heraldry
• Engraving ornaments
• Engraving on copper and steel

- Glyptic
• Enamelling
• Businesses of communication, multimedia, audiovisual

- Printing, communication graphics, multimedia
• Binding
• Slab on the edge
• Gilding
• Graphics
• Photography
• Calligraphy
• Illumination
• Digital Imaging
• Animated Image Trades

Crafts related to music

- Lutherie – archery
• Luthrie – guitar
• Traditional instruments

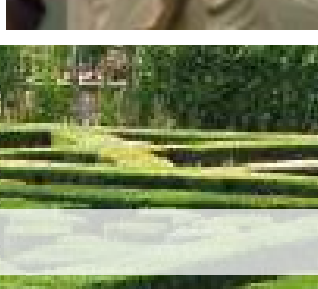
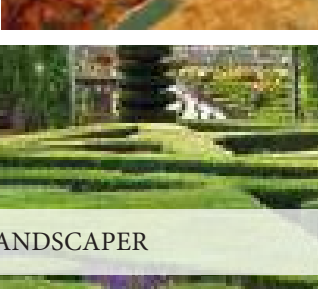
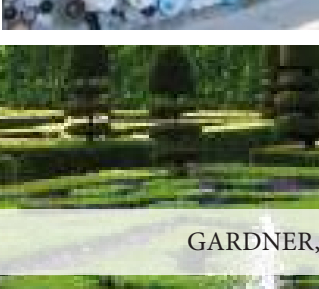
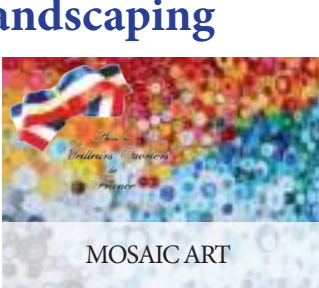
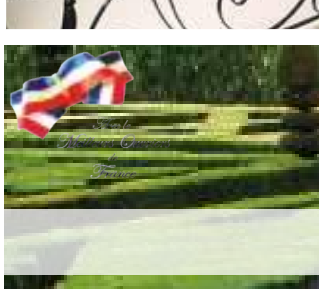
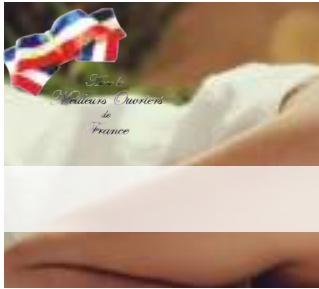
Agriculture and landscaping

- Gardner, landscaper
• Blacksmith
• Saddlery, upholstery, harness
• Grand florist
• Food safety

Commerce and services

- Energy efficiency consulting
• Finishing decoration
• Optics and eyewear
• Taxidermy
• Animal grooming

Gastronomy and hospitality







## All of our trainings are conducted by one of the 'Meilleurs Ouvriers de France'

### Training structure

#### Trainers' immersion

The particularity of SAF's training is to provide a «**turnkey**» basis and this regardless of the country, through direct immersion in your establishment or through your training centre.

We would like to commit to respect your specificity and preserve your difference. To be closer to your needs, our training can be organised as tailored service with '**Meilleurs Ouvriers de France**' such as drafting of fine dining menus, technical sheets of flowers, drafting of a wine menu list, a garden around your restaurant or an exceptional event: a gastronomic meal, a fashion show amongst others. With 240 possible trades, the only limitation is your imagination. SAF adapts its programmes to your needs.

#### Training method

Specificity of SAF training

- Done in immersion at the client's establishment,
- A "fil rouge" project,
- An event for the promotion of your establishment.

The recommended duration of SAF training is either **one week** (5 days), or **two weeks** (10 days) for a maximum of 15 trainees. During the entire duration of the training, the trainees are strictly monitored and advised by the 'Meilleur Ouvrier de France' trainer.

Our training combines **theoretical contributions** in classroom, demonstrations performed by the trainer, and **practical exercises** allowing the trainees to implement their knowledge and increase their professional dexterity. Between 60% and 90% of the time, training is dedicated to concrete applications.

All our training sessions are **structured around events and a "fil rouge" project** throughout the training session.

In addition to direct income you can generated by the event; events and trainings done by Meilleurs Ouvriers de France may be sponsored in exchange for visibility. This is also why **we believe that a well-organised training session can cover training expenses** and even generate profit for our client.

We insist on the "**practical – useful**" **specificity of our training sessions** done within the client's establishment. These aspects will be reviewed while adapting the above training programmes to your convenience.



CEREMONY



### Accompanying trainees

During the week, the trainer completes an Individual **Professional Validation Booklet** that testifies the progress of each trainee. At the end of the session, the trainee receives a **certificate of successful participation** in a professional training carried out and validated by a 'Meilleur Ouvrier de France'.

### Training content: 5 ingredients for success

#### 1- Knowledge audit " point zero"

The trainer "Meilleur Ouvrier de France" **assesses the level of knowledge** (multiple choice and practical test). A knowledge audit establishes the " point zero" to carry out the training and get to know the trainees. It also makes it possible to evaluate their progress throughout the training session.

#### 2- Training content

The training alternates between a **theoretical (knowledge sharing) and practical exercises**. The training programmes presented below constitutes the basic structure of the training and can be tailored to your wishes.

#### 3- Project "fil rouge"

The project is **defined by the client before the beginning of the training**. The MOF trainer adjusts the training programme according to the project. The project around which the training is carried out remains the client's ownership. The project can be an original restaurant menu, wine or cocktail menu, technical specifications of floral structures, original chocolate Christmas pralines, original garden, etc. such as a restaurant menu, an original dessert buffet or a "signature" garden.

#### 4- Event

For most of the crafts, given the notoriety and excellence of the "Meilleurs Ouvriers de France", **the event constitutes an important element of the training**. It ensures the **motivation of the trainees and the promotion of your establishment** by showing its capacity to innovate and offer an unrivalled or unmatched entertainment for your customers.

The organisation of an event is integrated into our training programme to enhance the creativity of trainees. Benefits of the event during the training session (an evening in general) remain the client's ownership and it **participates in the funding of the training and beyond**. The event can be a gastronomic meal, an anniversary, a fashion show, etc.

#### 5- Final test

At the end of the training a **final test in real situation is organised** (could be a service à table, a menu etc.) followed by the certificate ceremony.







## GASTRONOMY AND HOSPITALITY

**The Chef (gastronomy)** performs the cuisine, pastry, and the catering work. He has perfect knowledge of the products. He implements all the technical preparation, all types of cooking, simple or complex. He cooks all the products with the help of traditional or scalable materials within the given timeframe. He makes the finishing and dressing on different support by controlling the appropriate temperatures. He shows originality.



**The ice-cream maker** carries out the ice-cream making, pastry and chocolate works in total autonomy. He masters all the base techniques used for production (cooking of sugars, nougats etc.), he makes all the different mixes (crèmes glacées, ice cream, sorbets), parfaits, soufflés glacés, etc. he makes products composition of cold desserts. He decorates and masters the assembling and decorating techniques. He sculpts the ice and presents its production in a harmonious glazed buffet.

**The Pastry chef** does all the confectionery and chocolate works in total full autonomy. He masters all the basic baking techniques used for creation of various pastries, salted pastry products, baking of products and sugar works, nougatines, chocolates, almond pastry etc. He masters the different techniques for assembling and decorating of products.



**The barman** is the specialist of bar history, cocktails and of all that is relevant to bartending. He masters the preparation of classic cocktails and the ability to innovate. He is the one who welcomes the client. He advises and takes care of the client throughout the service. Referent of the bar, he shows his extent of talents, and maps out a style that is specific to him.



**The delicatessen and caterer chef** is the guarantor of an ancient culinary tradition (rillettes de Mans, andouilles de Vire, jambon de Bayonne etc.) His speciality: prepare pork base food. He also works with other meats (beef, chicken, venison), fish and vegetables and prepares a large variety of appetizers and meals, hot or cold. The delicatessen- caterer cuts and debones the animals himself, sort and distributes the pieces of meat that he salts and smokes before cooking. .



**The sommelier** oversees the restaurants cellar: he chooses the wines, purchases them, and drafts a varied and original menu to accompany the food of the establishment; he oversees the liquor and alcohol. The sommelier is present in the dining room during service to advise the clients and to conduct wine service. He knows the variety of dishes and works in collaboration with the Head Chef.

**The baker** carries out all the baking work in autonomy. He ensures the production phases of products whatever the condition of the materials by using all the work methods to obtain products of the highest quality. He knows how to make all types of bread, pastries, and catering bakery products. He possesses artistic skills which allow him to highlight his products by using decorating techniques.



**Maitre d'hôtel** is a master in human relations. He participates in the harmony between individuals in a society of which he must know all the codes. His counter-mastery is to ensure the application of standards, and be strict about what the product should be.



**The chocolatier** does all the chocolate and confectionery. He particularly knows chocolates and sugars. He knows and selects his raw materials and rationalises the use of the products. He masters all the base techniques used for production of chocolates and sugars. He makes all the different masses (ganaches and masses de fourrage, giandujas, pralinés, chocolate drinks, interior liquors, hard and soft cooked sugar, masses aérées, fruit pastry, jellies, jams, candied fruits, jellies and gums, almond pastry and derivatives).



**Gouvernante** ensures the comfort and well-being of the guests of the hotel. He (she) directs, coordinates, and supervises the staff in charge of cleaning and maintenance. A perfectly organised conductor, he (she) divides tasks, considering arrivals and departures, schedules timetables and staffing.





**The florist** executes all day-to-day work: bouquets, designs of all styles, with plants, accessories, supports and contents, dexterity and technicality. He knows how to make a complex floral arrangement. He has thorough knowledge of the systematic and the biotope of flowers and plants, styles (decorative, plants, linear, pièce de forme, and asymmetry), expression of floral arrangement.



**The hairdresser-visagist** carries out all the hair care, all colour effects by colouring, permanent shaping of hair. He practices all types of cuts, temporary shaping, and hairstyles. He does personalise urban, classical, fashionable, stylish, and occasional hairstyles, adapting his creation to the morphology and style of his clients.

**The Pressing, laundry**, dry-cleaning expert carries out all the cleaning and finishing works autonomously. He does all the preparatory works. He knows how to design in a company's theoretical artisanal textile maintenance. He knows how to be creative and innovative. He can choose the tools necessary for his activity and is able to use the right products. He knows the techniques for stain removal, glazing, piping, and finishing.



**The wellness and spa** expert curriculum allows him a wide range of treatment and mastering of manual relaxing, energising, slimming, and toning techniques including foot reflexology, acupressure (Japanese massage), lymphatic drainage for comfort as well as care treatment by water bathing care (jacuzzi, affusion shower, jet shower, steam bath, sauna, relaxation cocoon, spa – jet).



**Mosaic art** is associated to materials, colours, and habitat. He works with natural minerals, such as sandstone, granite, slate, or limestone. He shapes them into tiles then fixes them with a binder: piece by piece, his work reveals a design or an overall pattern harmonious with its environment. He can carry out the work through bonding and /or sealed in ceramic materials, terracotta, natural stones and in glass mixes.



**The plasterer – decorator** is a building artist. He performs decorations in plaster or in materials that imitates stones. He carries out all types of plaster works on site. He does the pediments of doors, arched vaults, stoop arches, circular or elliptical domes, smooth or box shaped, column with curved shaft, smooth or fluted, doric tops, ionic, Tuscan; moulded base, ledge with mounted ornaments (denticles, ovals, raie de cœur, corbel...).



## DECORATION AND LANDSCAPING

**The metal smith** worker in the usual framework of his professional activity carries out all the metal works in accordance with the regulations. He knows how to read and interpret production plans. He designs and draws life – size scrolls and other decorative elements of a structure by respecting the historical and architectural style.



**The marquetry** artist relies on the palette of wood species. He creates compositions to adorn furniture and objects or to create paintings. He cuts natural or tinted veneers and assemble parts with hot glue before pressing. He can also stack the veneers and sand them. He often works with decorators and architects.



**The Gardner, landscaper** creates and builds up exceptional gardens (green space, lighting, watering). Its know-how includes the design and definition of the work, tasks, teams, materials to be implemented, the choice of suppliers, as well as the execution and coordination of the creation and maintenance work. He provides his services on different fields: earthworks, small masonry, mineral soils.



**Create *THE EVENT* in your hotels,  
the only limit is your imagination ...**

**Get the additional advantage by doing an  
extraordinary event during the training with  
the MOF to sustain the financial part of it**





*Avec les  
Meilleurs Ouvriers  
de  
France*



## Chef Gastronomy

He ensures the implementation with or without help. He implements all the preparatory techniques, all types of cooking, simple or complex cuisine and pastries. He cooks all the products with the help of traditional or scalable materials within the given timeframe.

## Objective of the training

Strengthen and deepen the knowledge of the trainee so that he can master all or part of the culinary, pastry and catering which regroup the most complex techniques and skills of the profession (traditional and recent or innovative).

## Project

Trainees will have to prepare a three course meal .

## Target

This training course is for professionals having a first experience in cooking who work or intends to work in a challenging environment.

## Training content

The training is structured around fields that are gradually tackled through several exercises carried out throughout the training:

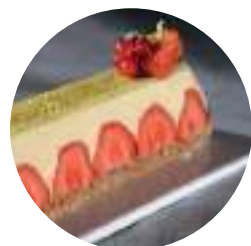
- **Technical and material organisation,**
- **Basic cooking techniques** - preliminary and advanced preparation of vegetables, fruits, fishery products, meats, poultry, game, etc,
- **Basic pastry techniques** - puff pastry, creams, appliances, etc,
- Simple and complex cooking techniques, traditional and / or evolving cooking considering regional criteria and / or foreign influence,
- **Pastry techniques** - cooking, assembling, and dressing of kitchen utensils, a small pastries that can integrate the evolutionary techniques of the profession,
- Enhancement of organoleptic prepared delicacy,
- Dressing and presentation of prepared dishes.

## Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.







## Pastry Chef

He carries out all the pastry and chocolate work and masters the basic production techniques. He masters assembling and decorating techniques. He knows how to make a mount or an artistic piece within the framework of a given event. He knows the preservation rules of products and can estimate the cost of his production.

### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Perfectly master classic pastries,
- Make cupcakes, canapés,
- Make tart,
- Make plate desserts,
- Bake a cake based on a theme or for a ceremony.

### Project

The training ends upon setting up of the project. Trainees will be asked to imagine an event and compose pastries around this theme.

### Target

This training course is for professionals with a first experience in pastry and working or wishing to work in a challenging environment.

### Training content

The training is structured around 5 areas that are gradually tackled through various practical exercises during the 10 days of training. Emphasis could be placed on a theme or technique according to the needs of the trainees.

- **Pastry:** puff pastry (double, inverted), crumble pastry (sweet, shortbread, short crust), raised dough (cakes, madeleines), fermented raised dough (brioche, milk bread), flaky puff pastry (croissant, chocolate bread, raisin bread),
- **Creams:** butter cream (meringue, custard), pastry cream (muslin, fruit), chantilly and whipped cream, custard, etc,
- **Mousses :** chocolate, fruit, bavarian, etc,
- **Decoration :** piping cone, marzipan.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



## Delicatessen & Catering

He is the guarantor of an ancient culinary tradition (rillettes de Mans, andouille de Vire, jambon de Bayonne etc.) His speciality: prepare pork based food. He also works with other meats (beef, chicken, venison), fish and vegetables and prepares a large variety of appetizers and meals, hot or cold.

### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Master the processing techniques of raw materials,
- Produce delicatessen, fine and modern, hot and cold starters,
- Master the basic pastry techniques,
- Master decorating and presentation techniques of cooked meat products,
- Create an original decorative buffet.

### Project

The training ends upon setting up of the project. Trainees will be asked to imagine an event and create a buffet around a theme.

### Target

This training course is for professionals with a first experience in cooked meat and working or wishing to work in a challenging environment.

### Training content

The training is structured around 5 areas that are gradually tackled through various practical exercises during the 10 days of training. Emphasis could be placed on a theme or technique according to the needs of the trainees.

- **The preparation of cooked meat and delicatessen:** made from meat (pâté, terrine, galantine, aspic, regional sausages) and made from fish,
- **Canapés, nibbles, mini tarts, verrines :** salty, sweet,
- Vegetable and fish based mousse,
- **Decoration techniques:** aesthetic combination of volumes, colors, shaping, carving, topping, and the organization of a buffet.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.







## Baker

He ensures the baking in all conditions using all methods to obtain products of the highest quality. He manufactures, cultivates, and uses all types of pre-fermentation of lactic or acetic acid. He knows how to make all types of bread, pastries and other bakery products.

### Objective of the training

Strengthen the foundations and deepen the knowledge of the trainee to enable him to:

- Perfectly master the classics of bakery,
- Bake innovative products,
- Bake products adapted to each company,
- Bake a range of organic products.

### Project

The trainee will be asked to prepare a special bread that accompanies a dish.

### Target

This training applies for professional bakers or those having a first experience in baking.

### Training content

The training is structured around different specialties which will be clarified with the client and which are gradually tackled through various practical exercises of the training. Emphasis may be placed on a theme or technique depending on the needs of the trainees.

- The first week will allow alternating between theoretical and practical courses in workshop / laboratory with the objective of having the base to make the following 7 specialties which are discussed in details (1) Traditional French bread, (2) Yeast bread (3) Rye bread, (4) Rustic bread, (5) Baked puff pastries, (6) Viennese pastries, (7) Decorated piece with bread dough party,
- The second week will allow you to make variations in bread, special breads, salty or sweet bread such as traditional French bread with liquid yeast on score tray, tradi – seeds baguettes, tradi – seeds curry, old bread, honey, hazelnut, grapes, bisaille, bread with wheat, rye and a mixture of seeds with natural yeast, spelt bread with natural yeast on score tray, chocolate cakes, croissant, chocolate bread, rolled, coconut, pistachio, baked passion raspberry éclair, baked praline passion éclair, brioche with liquid yeast, coconut – sugar crumble island delight complete with cane and lime, ciabatta with two olives, savory tarts etc.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



## Chocolatier

The Chocolatery Confectionery perfectly masters all the basic work techniques for chocolate and sugars. He masters the different creation and decoration techniques. He can produce an artistic piece illustrating a theme.

### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Know how to appreciate and preserve the quality of raw materials,
- Know the stages of product transformation,
- Create and shape the mass,
- Make coatings,
- Carry out specialties.

### Project

The training ends upon setting up of the project. Trainees will be asked to imagine an exceptional desert as side dish.

### Target

This training course is for professionals with a first experience in the field of chocolate or pastry making and already working or wishing to work in a challenging environment.

### Training content

The training is structured around 5 areas that are gradually tackled through several practical exercises during the 5 days of training.

- **Knowledge of raw materials:** knowledge of products and their varieties (cocoa, chocolate, sugar), knowledge of storage and working temperatures, knowledge of product processing stages,
- **Making lumps:** making ganache and lump filling, pralines, making hard cooked sugars (nougatine, berlingots ...), making soft cooked sugars,
- **Shaping lumps:** shape mono and multi-layer interiors; perform dressing, framing, and detailing,
- **Development and coating:** developing the chocolate blanket, developing the preparation of sugar coatings, glazing, making chocolate blanket and syrup, mastering the coating techniques (fork, manual),
- **Decoration:** create simple decorative elements.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.







## Ice-cream maker

He applies his knowledge of the physico-chemical properties of the ingredients and the use of the equipment to develop a wide variety of products. He creates innovative compositions to illustrate a theme. He has a good knowledge of the priorities: cold chain, food safety of classical and innovative frozen products. He knows all the basic techniques. He makes the different mixes, parfaits, frozen soufflés. He makes the products that are part of the composition of frozen desserts and their decorations. He masters the techniques for mounting and decorating.

## Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Master the characteristics of the ingredients,
- Master the mixing and dosing techniques,
- Master the different protocols for the manufacturing of ice creams, sorbets and slush drinks,
- Know and create attractive presentations.

## Project

The training ends upon setting up of the project. Trainees will be asked to imagine an original frozen dessert with attractive decorative elements.

## Target

This training course applies to professionals with several years of experience in ice-cream making or as a confectioner who wants to work in a challenging environment.

## Training content

The training is structured around different areas that are gradually tackled:

- **The basic technique for the making of technical basics** compliance with chronology of different phases of manufacturing, mastering the characteristics of the materials to produce balanced ice cream, mastering cooking methods.
- **Manufacturing of frozen products:** Ice-creams, sorbet, slush drinks.
- Parfaits, frozen soufflés, making products that are part of the composition of frozen desserts, fruit pastries, biscuits, coulis, and meringues.
- **Decoration and decorative techniques:** creating decorative elements (cooked sugars, pulled sugars, nougatine), shaping techniques, other tricks of decorations.
- Conservation regulations of products throughout the production process.

## Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



## Barman

He possesses an in-depth knowledge of the products and drinks used. He has perfect control over making of classic cocktails and the capacity to innovate. He advises clients and knows how to entertain.

## Objective of the training

Consolidate and deepen the knowledge of the trainee to enable him to:

- Know how to make classical and modern cocktail,
- Manage as much as possible his working environment,
- Create cocktails according to the event,
- Create a festive and friendly atmosphere at the bar.

## Project

The training will end upon setting up a project. Trainees will be asked to imagine an event and create personalised around this theme and design the entertainment at the bar.

## Target

This training applies for professionals with a first experience as barman and working or wishing to work in a challenging environment.

## Training content

The following areas will be gradually tackled through practical exercises:

- **Knowledge of the work environment:** managing supplies and knowledge of the rules for conservation of products, equipment and its use (shaker, mixing glass, glassware), organisation and setting up of the bar,
- **Knowledge of cocktails:** knowledge and classification of cocktails, knowledge of the basic ingredients of traditional cocktails, knowledge of herbs, spices and edible flowers, knowledge and location of the main appellations of the vineyards, good practices concerning the handling of equipment,
- **Creation of cocktails:** Blind tasting and commenting on a cocktail, principles for making of cocktails (choice of ingredients, choice of glassware, respect of dosages, techniques of pouring), creation of alcoholic and non-alcoholic cocktails, creation of innovative cocktails, mastering of the decorations and the effects (colours, decoration, taste), development of cocktail technical sheets,
- **Entertainment and customer relationship:** to know the tastes of the client and advise him/her on a cocktail, create a menu, simple tips for bar decoration, imagine and implement an entertainment accompanied by cocktails created for the occasion.

## Duration

The recommended duration is one week (5 days). Depending on the needs of the trainees and educational objectives, the duration can be increased to 10 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.







## Sommelier

Through his knowledge in tasting and gastronomy, he ensures the service of wine and other drinks. He knows how to advise by sharing his knowledge and propose to the customers a choice of relevant wines to accompany a dish. He serves wine at optimal temperature in an adapted glassware and within service regulations. He manages his cellar's supply.



### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Master the characteristics of the main vineyards in the world,
- Identify a client's taste and advise him,
- Create wine-food combinations that are both classic and original,
- Manage at best, the cellar, and the wine list.

### Project

The training ends upon setting up of a project. Trainees will be asked to formulate a wine list and justify their choice.

### Target

This training course is aimed at professionals with several years of experience in the field of oenology or working as sommelier or wishing to work in a challenging environment.

### Training content

The training is structured around 5 areas that are gradually tackled through various practical exercises.

- **The basics of oenology:** the techniques of viticulture and winemaking, the history of vineyards, conservation techniques,
- **Tasting:** the phases of tasting, the differentiation of flavours and aromas, and the influence of the terroir,
- **Pairing of wines and food and customer service:** fashionable and innovative alliances, accompaniment of the meal,
- **Service and customer relations:** wine service protocol, customer advisory techniques,
- **Management of wines:** management of the cellar and stocks, development of a menu, assessment of the economic impact of the choices made.

### Duration

The recommended duration is one week (5 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 10 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



*Laurent Derhé*

Meilleur Ouvrier de France  
Sommelier  
SAF expert





## Maître d'hôtel

He is a master in human relations. He participates in the harmony between individuals in a society of which he must know all the codes. His counter-mastery is to ensure the application of standards, and be strict about what the product should be.

### Objective of the training

Consolidate and deepen the knowledge of the trainee to enable him:

- To improve the organisation of his work and that of his team,
- To master the customer relationship,
- To master the finishing operations of the dishes and the service of the wines and to better manage his teams.

### Project

The training ends with the completion of a project. Trainees will be asked to provide a real-life service with MOF Trainer and apply what was learnt during the training. For this service, the whole team in the room has to contribute

### Target

This training is for professionals with a first Maître d'hôtel experience who wish to strengthen their knowledge to practice in a challenging environment and to newly appointed professionals as a Maître d'hôtel.

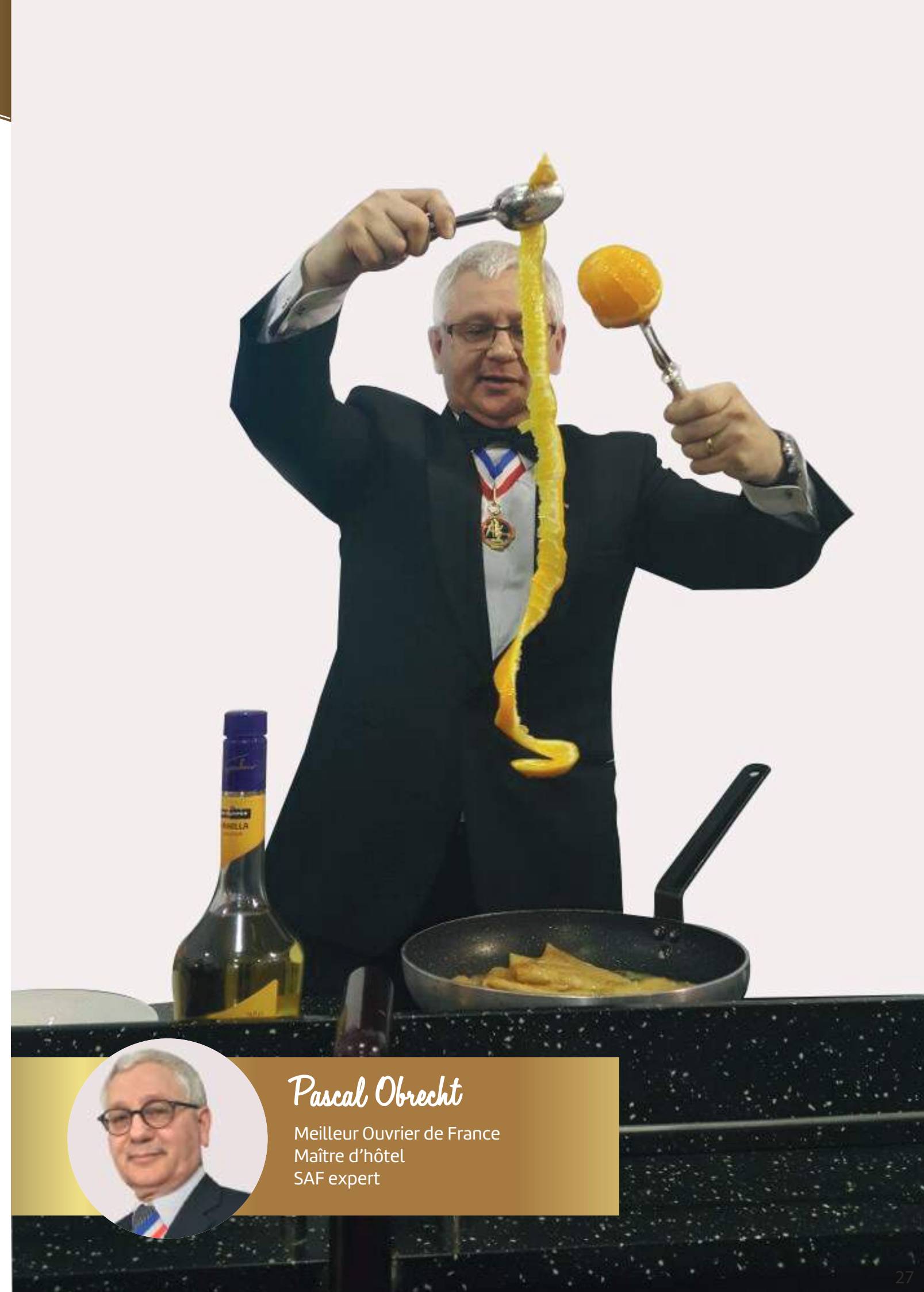
### Training content

The training focuses around 4 modules that are gradually covered through practical exercises and theoretical input:

- **Activities prior to the service:** prepare and conduct the briefing with the kitchen team, prepare and conduct the briefing with the teams in the room, supervision of the set-up and the table plan,
- **The customer relationship:** customer reception and individualisation of the relationship, advise the customer and take the order, manage claims,
- **The course of the service:** to facilitate the fluidity and the quality of the service in room, to coordinate the activities between the room and the kitchen and to know how to regulate the orders,
- **Specific service operations:** cutting meat, fish, flambé, knowing the wine list, advising the customer, and serving the wine.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



*Pascal Obrecht*

Meilleur Ouvrier de France  
Maître d'hôtel  
SAF expert





## Gouvernante

The 'Gouvernante' ensures the comfort and well-being of the guests of the hotel. He (she) directs, coordinates, and supervises the staff in charge of cleaning and maintenance. A perfectly organised conductor, he (she) divides tasks, considering arrivals and departures, schedules timetables and staffing. He (she) then controls their work. His/her objectives: to ensure that everything is perfect for the customer, to satisfy his requests and to ensure the proper functioning of equipment, sanitary and electrical installations.

### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him: to improve the organisation of his work and that of his team, the customer relationship, to master the tasks related to the quality of services and supervision of maintenance of the premises and services rendered to the customers.

### Project

The training ends with the completion of a project. The trainees will be put in actual professional situation of several scenarios or sequences of work covering the fields of specific activities of the crafts.

### Project Training

The completion of the training will be to provide a room service in real situation. The training will be implemented for achieving the most perfect service possible.

### Training content

The training is focused around 5 modules which will be progressively covered through practical exercises and theoretical contributions:

- **Activity of the department or service:** design and / or participate in the development of "manuals" of procedures, planning and support of organisation and forecast in accordance with the policy of the establishment: Elaborate cleaning protocols, forecasts of linen and cleaning needs,
- **Design / Organise team work:** prepare the day's schedule, and periodic maintenance activities and set implementation priorities; Implement personalised reception (wedding ...); Evaluate needs and establish orders with service providers for customer service: florist, launderer, service companies ,
- **Manage professional and regulatory planning for customer comfort:** Set up and track customer file; Organize, set up the specific facilities and installations, according to the standards of reception, and comfort, according to the internal instructions; Adapt products, services, innovations to customer requirements. Communicate and respond to customer requests during their stay. Manage claims, incidents, lost items, etc,
- **Supervise / Control / Optimise The quality of hotel service :** Evaluate and adapt the level of quality of services provided in accordance with the quality standards,
- **Manage the team and communicate with employees and partners:** transmit codes, rules of behaviour and professional dress in relation to corporate image and standards; Determine the profiles, recruit, and evaluate the performance of the members of his team; Implement team training and motivation actions; Readjust the work schedules of the staff; Detect and respond to serious and imminent hazards in the facility.

### Project

The recommended duration is one week (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



## Pressing, laundry

The hotel laundry, dry-cleaning expert in the usual framework of his professional activity carries out all the cleaning and Finish work autonomously, taking responsibility for his professional actions in accordance with the regulations and standardisation. He knows the techniques for stain removal, glazing, piping, and finishing. He is capable of dyeing in a traditional way. He is an expert in the maintenance of textiles.

### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to plan all the cleaning and finish works that reunites the techniques and skills of the craft, highlight his creative abilities, deepen his mastery of the regulations and the know – how of the profession. The training will allow the learning of the fundamental techniques: stain removal, cleaning, finishing cut, processes such as glazing, piping, implementation of traditional dye, use of traditional and modern techniques and optimal organization.

### Project & Event

The training will occur around the cleaning and the integral finishing of a hotel room/suite; it will end with the assessment of the work done.

### Target

This training is for professionals and trainees with a first experience.

### Training content

The training is structured around the following modules :

- **Operation of hotel laundry:** «business activity», management of laundry service,
- **Processes technique:** assess the processes used, choice of material and products in accordance with the textiles and explain the risks of possible accident with the concerned fibres,
- **Catch up:** catch up on silk fibrillation by the trainer, use the appropriate technique, find the quasi – initial aspect of the piece,
- **Dyeing:** design and create a dye on natural fiber, produce a book retracing the method used, demonstrate the consistency and homogeneity of the dye,
- **Remove:** recognise and identify the task at hand, eliminate a stain from a delicate textile in a maximum of ½hr, choose the appropriate method, use adequate products,
- **Glazing:** glaze or pipe an item, use the appropriate tools,
- **Prepare:** refurbish delicate garments, iron clothes (ironing on site, but cleaning and finishing done beforehand), and give form to attire.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.

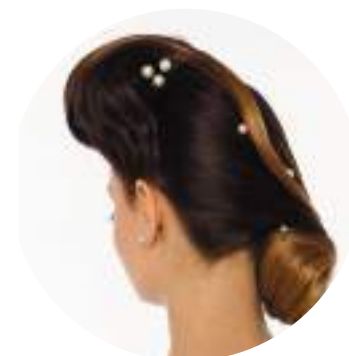






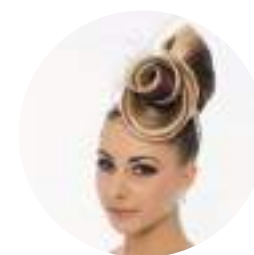
## Florist

He executes all the routine work with dexterity and technicality. He can execute a complex floral arrangement within a given theme, style, specific techniques, identification of plants, and balance and harmony regulations. He possesses knowledge of the cost of a floral arrangement.



## Hairdresser – Visagist

The hairdresser carries out all the hair care, all colour effects by colouring, permanent shaping of hair. He practices all types of cuts, temporary shaping, and hairstyles. He does personalised urban, classical, fashionable, stylish, and occasional hairstyles, adapting his creation to the morphology and style of his clients.



### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Be conversant with design techniques of floral arrangement,
- Master and know how to implement different decorative styles,
- Know how to transcribe movements and expressions in floral arrangements,
- Create flower arrangements which correspond to an event.

### Project

The training ends upon the setting up of the project. Trainees will be asked to imagine an event and design one or more flower arrangements illustrating the theme.

### Target

This training course applies to professionals having first year experience in florist and who works or wants to work in a demanding environment.

### Training content

The training is composed of modules that are gradually tackled through practical exercises.

- **Expressions and movements in floral arrangements:** parallel, asymmetry, blurred, fluid, active, bunch, plants, textures and color movements, plants morphology, balance, proportions, and volumes,
- **Hydration and shaping techniques:** stitching, binding, mounting, pinning, rigging, foam, bulb,
- **Decoration elements:** foliage, branching, jeweller,
- **Design of classical and innovative floral arrangements:** wedding, anniversary, accompanying an event.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.

### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to do hairstyles that brings together techniques and skills of the trade, put forward his creative abilities, strengthen his mastery of the regulations and knowledge of the craft.

The training will allow the learning of the fundamental techniques: cuts, coloring, shaping and traditional processes: Crimping, iron rippling; roots and tips work, straightening. It must also be an opportunity to learn innovative techniques but also knowledge of hair sculpture, shape, volume, and morphology.

### Project

The training ends upon setting up of a project. Trainees will be asked to create a haircut according to face structure or a theme. Moreover, the haircut could be part of a competition or/and fashion show for a local designer with a theme.

### Target

This training course is for established professionals.

### Training project

The training is structured around one module per week and various themes that are gradually tackled through numerous practical exercises during the 10 days of training. Emphasis may be placed on a theme or technique depending on the needs of the trainees.

- **General training (week 1):** colorimetry: reminder of basics and work on swatches: identification and choice of colours – colouring and highlights: definition of colour and highlight application on a live model – men's hairstyle: cut techniques with use of different tools (scissors, feather and razor) – women's hairstyle: Shaping of permanent classic cuts and new trends,
- **Innovation and cosmetology (week 2):** knowledge of the most innovative techniques – hair sculpture, shape, and volume – cosmetology and morphology: how to highlight and analyse a face, morpho – hairstyle proportions, recognise the different types of faces and analyse the style, understand the wishes of the client, harmonise the shape of the hairstyle according to the face's morphology.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.







## Wellness and Spa

This training is aimed to the whole SPA team at luxurious establishments that wish to assess and improve their practices and operation in the fields of reception, service or 'grooming'. It also offers trainings in a wide range of care to acquire the mastering of manual techniques. The practical trainings can be complemented by tools adapted for care and massages. The SPA trainings allow for the acquirement of new knowledge or reinforcing the existing ones.

## Objective of the training

This high – level training is for Hotel Spas and luxurious establishments concerned about the quality and refinement of their care and personnel. This training allows for the assessment and reinforcement of the level of professionalism and knowledge of your personnel as well as the care provided in your Spa and to implement a specific training plan specifically for your establishment.

## Team of trainers

Our training is proposed in pairs, conducted by a 'Meilleurs Ouvriers de France', beautician specialising in facial care and body care and another expert specialised in the luxurious spa world. This pairing will allow for optimisation of the training provided. In the professional training world, the trainings are carried out by one person, which reduces the availability of the trainer and as well as exchanges interactions with the trainees. The listening quality and responsiveness of the complementary pairing increases motivation and dynamism of the courses; by promoting productivity, team spirit and corporate strategy.

## Target

The initial duration of the service is fixed for 2 weeks (out of which 1 week for audit) which will conclude with a restitution in front of the Spa team.

## Trainers

The main trainer, a 'Meilleur Ouvrier de France' will be accompanied by a second trainer « the mystery client », whose identity will not be revealed to the Spa team. "The mystery client" is a recognised professional who has been working in the luxury field for years.

## Training content

The initial service is composed of one week of audit and one week of intensive training, for refresher training identified by the audit as being most urgent. The initial service will lead to a presentation of a training plan, of 2 to 5 weeks, depending on the result of the audit and the customers' training wish. The training plan may include all or some of the following 10 modules.

## Audit

The audit knowledge, personnel and operation of Spa will be carried out over one week, according to the number of Spas to be assessed. It will start with a visit of the "mystery client" (trainers 1 and 2) who will be revealed at the end of session. This audit complemented by a personalised questionnaire will review the greeting and overall care received. The audit report will be shared with the team and management, and will be the subject of recommendations which will serve as a guide for more urgent refresher training and establishment of a training plan amongst the following 10 modules.



## Training Modules:

The training modules can also be carried out separately.

### Training Module 1: Greeting and welcoming of client in a High-end Spa

S.E.R.V.I.C.E – SPA's Quality Criteria respecting values «LQA» - Respect of others – Concentration and relaxation – Sense of hearing – Availability, involvement, self – control – Ergonomics, security, comfort – Management of energy

### Training Module 2: « Grooming » in Spa and Luxurious Hotel

The know-how in the luxury world – appearance – first impression – Language, attitude and appearance of the luxury SPA technician

### Training Module 3: Knowledge of the work place

The different professional spaces – the environmental factors – assessment of health and safety risks – health regulations – professional contamination – decontamination – rules on the use of UV radiation devices – professional equipment

### Training Module 4: Facial/ neck/ neckline/scalp care

Adapting to the types of skins (dry, oily, normal) – Adapting to the condition of the skin (sensitive, lackluster, senescent) – Men, women or adolescent special – Scalp

### Training Module 5: Aesthetic Facial/ neck/ neckline/scalp massage

Relaxing – Toning / anti – ageing – face and skull acupressure

### Training Module 6: Body care (scrubs – wraps)

Scrubs and exfoliations – Body wraps – Slimming care – Mud and algae based products – Specific care for legs – Specific care for the back – Specific care for the chest

### Training Module 7: Aesthetic body massages

Initiation and Awakening Ritual in- Californian Massage « Deep Tissue » - Swedish muscular type massage – Body acupressure – Aesthetic Body Lymphatic Drainage – Hot stones/ shells care – Aesthetic Lymphatic Drainage (VODDER method) – Slimming and toning: kneading, palpated/ hand roll, mechanical technique – Anti – ageing: reflexology massage technique: smoothing of the skin – light legs: soft and superficial decongesting gesture massage adapting to physiology of blood back flow

### Training Module 8: « Hands/ Feet »

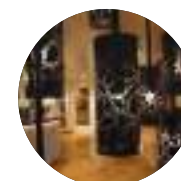
Specific care for the hands – Specific care for feet – "Girly mani/ritual pedi" care

### Training Module 9: Beauty makeup/ Classic wedding makeup

Beauty treatment after care – Natural make-up /" nude" – Glamorous make-up – «Night at the restaurant» make-up

### Training Module 10: Massage in humid area

Massage and scrub under affusion shower – Ceremonial Hammam, Black soap scrub, Text Box: Sauna – aesthetic – Jet Shower – Spa Jet







## Metal smith

The metal smith worker in the usual framework of his professional activity carries out all the metal works in accordance with the regulations. He knows how to read and interpret production plans. He designs and draws life – size scrolls and other decorative elements of a structure by respecting the historical and architectural style.



### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Induce or deepen skills of the crafts,
- Design technical solutions,
- Highlight his creativity through iron work,
- Handle a production.

### Project

Trainees will be asked to make a free-craft artistic work.

### Target

This training is for established professionals.

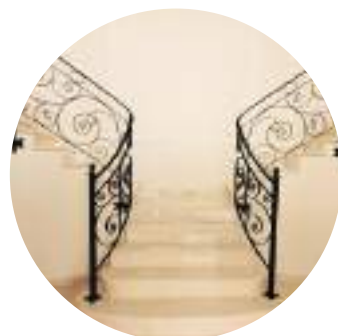
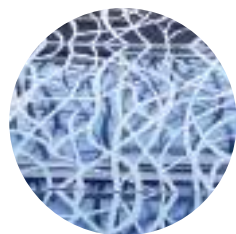
### Training content

The training will be done in one or more missions according to the needs or levels of the trainees, it can be carried out in the context of a project – training such as the grille d'entrée of a hotel, for example. It is intended to strengthen the following techniques:

- **Deepen craft knowledge:** bending, forging, shaping of core scrolls or angles with sharp corners without welding, assembles and welds, polish different types of metals: steel, stainless steel, brass, and copper. Incorporation of glass products, wooden elements, or synthetic materials,
- **Design and shaping of metal work with a theme (by teams) which highlights:** forging techniques, suppression, conformation of metals, débillardée, mid – iron couplings and others, fastenings, welding procedures for forging, arc welding and other electrical welding, solders, complex elements with various materials, very neat finishing,
- Exhibition of achievement (public event) through which the creations are presented.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



## Mosaic art

He carries out the work through bonding and /or sealed in ceramic materials, terracotta, natural stones and in glass mixes. He performs complex work such as coating of curved surfaces (cul-de-four, cupola, arch etc.), soil, a wall both on the exterior or interior, coating of fountain / swimming pool basin, make exact copies of antic and ancient mosaics, portraits, and pictorial interpretations.

### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Induce or deepen skills of the trade,
- Design technical solutions,
- Highlight his creativity through glass work, terra cotta and colors,
- Handle a production.

### Project

Trainees will be asked to make a free-craft artistic work.

### Target

This training is for the public wishing to develop a free artistic trade.

### Training content

The training will be done in one or more missions according to the needs or levels of the trainees. It is intended to strengthen the following techniques:

**Craft knowledge:** terminologies of the craft, materials, colors and choice of colors: shades of skin tone, neutral tones etc, the shapes given to tiles, model tracking technique, choice of tolls, support and mortars or adhesives adapted to the support and site, the cutting technique and assembling of tiles (cutting, grinding, pointing, sanding), figurative compositional technique, self – control for respect of the style and iconography model.

**Realisation of a project:** implementation of a project using the techniques learnt. Exhibition of achievement (public event) through which the creations are presented.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.







## Wood marquetry art

The professional marquetry carries out the work of wood marquetry by taking the responsibility of his professional acts within the regulations. He knows how to prepare, cut, and assemble all the classical veneers used in marquetry.

## Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Induce or deepen skills of the craft,
- Design technical solutions,
- Highlight his creativity through woodwork,
- Handle a production.

## Project

Trainees will be asked to make a themed artistic work.

## Target

This training applies to professional with a minimum of experience.

## Training content

The training will be done in one or more missions according to the needs or levels of the trainees. It is intended to strengthen the following techniques:

**Craft knowledge:** terminologies of the craft, knowledge of wood essence (regional, local), colors, use and resistance, drawing / reproduce: search for shade, lighting and volume in marquetry, choice of veneers (color, orientation, and texture), knowledge of tools and simple cutting elements technique, sinuous, small and large fragile sizes, cladding, shading elements of veneers, mounting of marquetry, sanding and finishing,

**Realisation of a project** implementation of a project using the techniques learnt. Exhibition of achievement (public event) through which the creations are presented.

## Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



*Philippe Tatre*

Meilleur Ouvrier de France  
Master glass  
SAF expert







### Plasterer – decorator

The decorator creates work in plaster (light materials composed of plaster and fiber) such as: pediments of doors, arched vaults, stoop arches, circular or elliptical domes, smooth or box shaped, column with curved shaft, smooth or fluted, Doric tops, ionic, Tuscan; molded base, ledge with mounted ornaments (denticles, ovals, raie de cœur, corbel...).

### Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to:

- Induce or deepen skills of the craft,
- Design technical solutions,
- Highlight his creativity through plaster work,
- Conduct manufacturing.

### Target

This training is for professionals with a minimum of experience.

### Training content

The training will be done in one or more sessions according to the needs or levels of the trainees.

It is intended to strengthen the following techniques:

- **Craft knowledge:** terminologies of the craft, knowledge of materials, manufacturing, use and resistance: plaster (light materials composed of plaster and fibres' manufacturing and resistance), stucco (coating capable of imitating stone, marble, brick...), moulding and mould making, design of ledges, domes, pilaster, moulding, rosette patterns, shells, leaves, assembling and laying technique of work through bonding or sealing, finishing,
- **Realisation of a project:** implementation of a project using the techniques learnt. Exhibition of achievement (public event) through which the creations are presented.

### Duration

The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



## The Wellness and Spa training developed by SAF is unique !

It allows luxury establishments to strive for excellence.

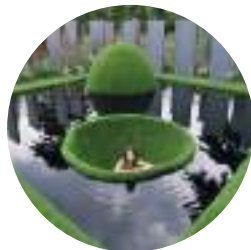
*At the crossroads between beauty centers and thalasso-aesthetics, luxury and more, the Spa is a place that is out of the ordinary, because of its architectural setting and the care provided therein. It offers, in a soothing atmosphere, served by a luxurious but sober decoration, care in wet zone and massages that are part of the philosophy of relaxation of the well-being, and body-mind.*



*Barbara Sonnery - Cottet*

Meilleur Ouvrier de France  
Wellness and Spa  
SAF expert





## Gardener, landscaper

He develops and maintains green spaces. He imagines and implements interior plant decorations. He masters different landscaping work by focusing on the cleanliness of the site. He elaborates a plan and executes the project on site. He prepares the soil and does the planting. He applies the necessary care for the proper development of plants. He constructs landscape works (tiling, paving, low walls, edges).

## Objective of the training

Strengthen and deepen the knowledge of the trainee to enable him to innovate and create a landscape project and to possess all the tools for its creation within the regulations.

## Project

The training ends upon setting up of a project. Trainees will be asked to imagine and develop a green space, exterior or interior, with aesthetic and originality.

## Target

This training course is for amateurs and professionals with several years of experience and who wants to work in a challenging environment.

## Training project

The training for landscape gardeners will be structured around an educational project in a real-life situation, for an educational garden or signature garden. In the case of several groups the training could result in a competition of the best garden based on the technique and aesthetic.

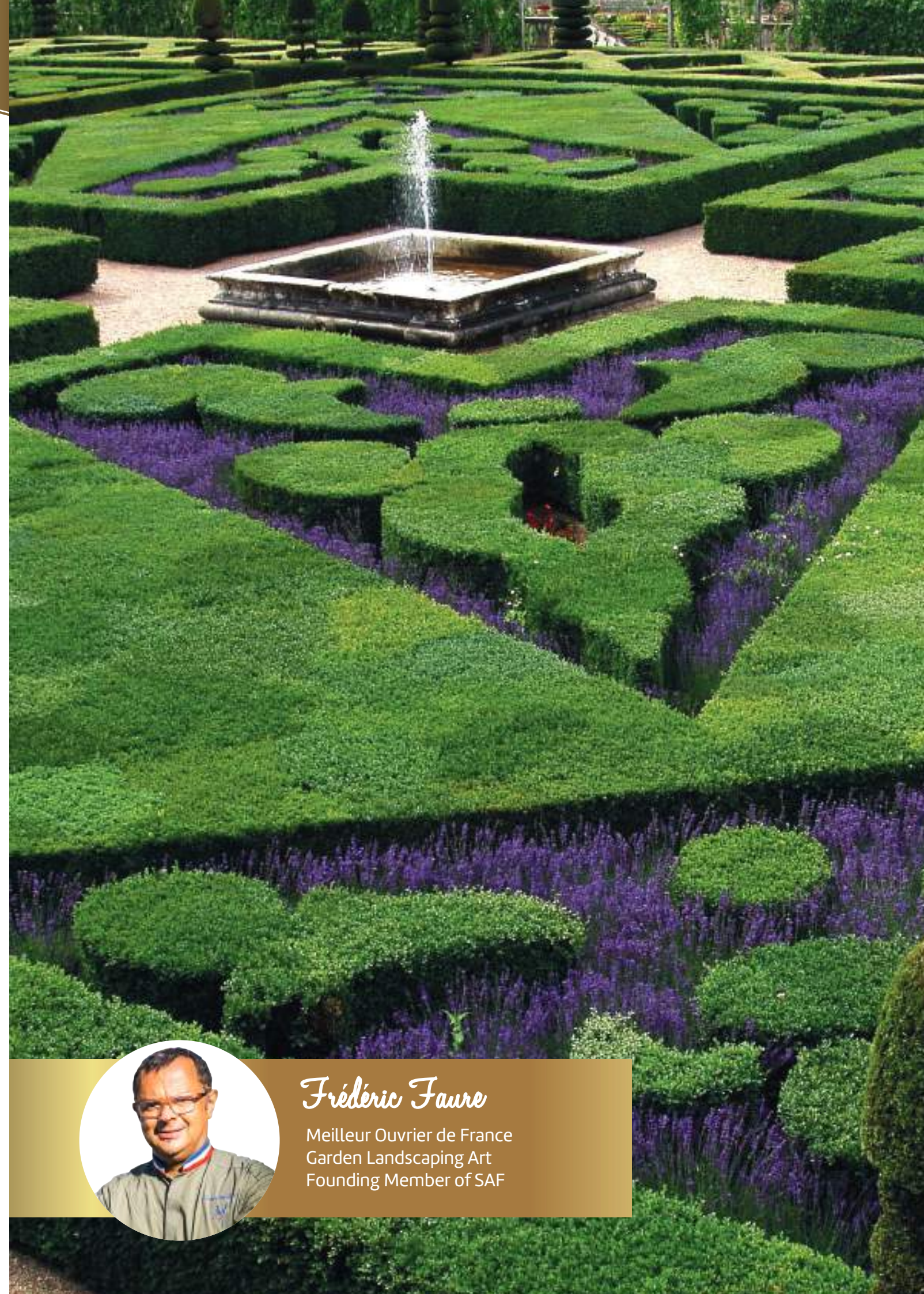
## Training content

The training is structured around 4 modules that are gradually tackled through various practical exercises and theoretical contributions during the 10 days of training. Emphasis is placed on a theme or technique depending on the needs of the trainees.

- **Concept of gardening**, history of gardens, art and aesthetics,
- **Design a landscape garden from A to Z**: know how to read a plan and diagram, make a plan or a simple diagram, design a plan with contours, qualitative – botanical concept: use of various endemic plants, variety of colors and compatibility – the plants: choice of plants (volume, colors) to achieve overall aesthetic effects, the protection of plants, preparation of the planting pits – watering: watering trough, design a watering pit adapted to the site, watering concept, watering plan – fountains and basins – lighting: lighting concept, design an artistic lighting adapted to the site, lighting plan – small civil engineering: design a tiling, paving, low walls, edges,
- **Plan and maintain a landscape project**: tiling, paving, low walls, edges, plants, lighting, watering – preparation of soils: earthworks, drainage, weeding, digging – the size and maintenance: trees, shrubs, bed plants, climbing plants, the development of the overall aesthetic effects and maintenance of considerable size, treatment of plants – maintenance of cutting material (disinfection, sharpening),
- **Realisation of the maintenance booklet of the garden** (plants, materials).

## Duration

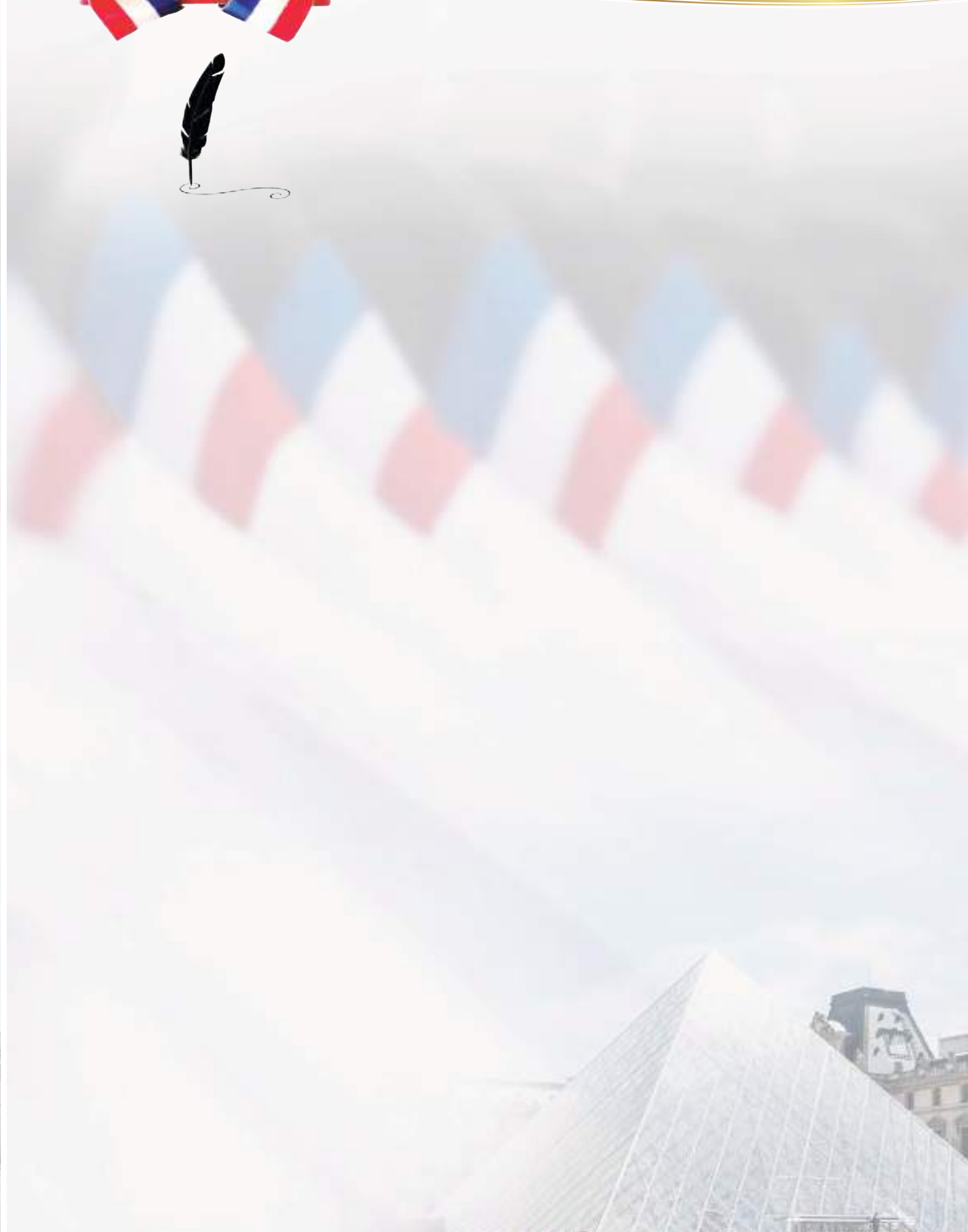
The recommended duration is two consecutive weeks (10 days). Depending on the needs of the trainees and educational objectives, the duration can be reduced to 5 days. In this case, themes will be pre-selected, and the number of practical exercises will be adjusted accordingly.



*Frédéric Faure*

Meilleur Ouvrier de France  
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