

# ITALIAN CULINARY PROGRAM

- Program structure
- In-School Training: 12 weeks
  - Attendance: Monday to Friday
  - Daily Schedule: 5 hours per day
  - Total In-School Hours: 300
  - Teaching Language: English
  - 12-week full-time curricular internship (optional)
  - Tuition Fee: € 15.900





**Why  
Congusto  
Institute**

The best choice for technical training and professional specialization in cooking and gastronomic disciplines in Milan.

For over 20 years, Congusto has offered its students diplomas and high professional training courses, transmitting knowledge and knowledge in a technical-scientific manner, including in-depth analysis of increasingly contemporary topics with the contribution of industry experts, pastry chefs and michelin starred chefs.

Beyond study, practice is the true basis for fully understanding the profession of a chef or pastry chef. We are a professional cooking school with internal laboratories equipped with the best cutting-edge machinery and equipment, capable of providing a practical and above all unique experience to all our students. We are a training body accredited by the Lombardy Region (Sect. B, N°891) and certified in ISO 9001 quality.

Thanks to a series of strategic partnerships we facilitate the entry of graduates into the world of work and, in fact, our students work in the best restaurants and pastry shops in Italy and abroad.

The ICP – Italian Culinary Program is an intensive professional course for international students who want to develop practical skills and gain real experience in professional kitchens.

Italian cuisine, recognized as UNESCO Intangible Cultural Heritage from 2025, is taught here as a working system: technique, organization and discipline.

The program combines full-time in-school training with a professional curricular internship, guiding students from education to real kitchen environments.

## A Professional approach to Italian Cuisine

ICP is not (just) a theoretical program. It is designed to introduce students to the real working environment of professional kitchens, helping them understand methods, discipline, organization and timing. Throughout the in-school phase, students work in a professional setting, learning essential techniques, kitchen logic and operational standards required in restaurants and hospitality businesses. The in-school phase is followed by a 12-week full-time curricular internship, allowing students to apply acquired skills in a real professional environment and gain valuable work experience.

## Training Content Overview

The program covers the fundamental areas needed to work efficiently in a professional kitchen: students begin with Health & Safety training, aligned with Italian and European standards, including HACCP and workplace safety. They are then introduced to the organization of a professional kitchen, understanding roles, brigade structure, workflow and timing. Core modules focus on professional kitchen techniques, including knife skills, equipment use, stocks and sauces, mise en place and low-temperature cooking. A significant part of the program is dedicated to Italian regional cuisine, exploring traditional dishes, pasta, risotto, cheeses and regional ingredients, with a practical and hands-on approach.

## Career Focus & Internship

The 12-week internship represents a key element of the ICP. It allows students to experience daily kitchen operations, develop professional behavior and gain confidence working within a brigade. The internship is designed as a curricular experience and an important step toward future employment in the food & hospitality industry.

## Program Objective

The objective of the ICP – Italian Culinary Program is to provide students with:

- Practical culinary skills
- Professional kitchen methodology
- Cultural understanding of Italian cuisine
- Real work experience through internship

## Payment terms

ICP (15.900 €)  
→ € 3.900 at application (non refundable)  
→ € 6.000 within 30 days from visa approval  
→ € 6.000 at least 30 days before the beginning of the course\*

\*In case there is no sufficient time window between visa issuance and course start date, the remaining amount (€12,000) must be paid in one single solution upon visa approval.

## Customized Training Paths

In addition to the standard programs, customized training paths are available for individual chefs or small professional groups of up to five participants already working in the food and hospitality sector.

These tailor-made courses are designed to address specific professional needs and allow participants to deepen one or more areas of Italian cuisine, techniques or products, according to their interests and objectives.

Program content, duration and training focus can be defined together with the academic team, ensuring a highly personalized and practice-oriented learning experience.

For further information or to discuss a customized training proposal, please contact our admissions team: [international@congusto.com](mailto:international@congusto.com)



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