



CULINARY ARTS  
ACADEMY  
SWITZERLAND

# BRIGADE

THE INTERNSHIP MAGAZINE

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PASSION *for* FOOD,  
CAREER *for* LIFE

# Contributors



Diya Raut

Term 5 Culinary Arts



Nolan Hawkins

Term 5 Culinary Arts



Heer Thakar

Term 5 Vegetarian Arts



Prisha Tikmany

Term 4 Pastry Arts



Zainab Almashama

Term 4 Pastry Arts

# Editor's Note



## Le Bouveret Editor

Dear Readers,

As we wrap up this edition of our internship magazine, I'm filled with a deep sense of gratitude and pride. Creating this magazine has been more than just compiling stories and photos, it has been about capturing the spirit, commitment, and growth of our student community.

Each contribution reflects real growth—small steps, big moments, challenges, and victories. That's what makes this magazine special. It captures the everyday effort our young chefs put into their craft, both inside and outside the kitchen.

Being part of this process allowed me to appreciate how diverse and inspiring our journeys are, and I'm glad this magazine gives us a space to celebrate that.

Thank you to everyone who took the time to share their work and memories. I hope this edition brings you a sense of pride and connection as you flip through its pages.

Sincerely,

*Nea Nicel*

Nea Nicel  
Student Internship Ambassador

# Editor's Note



## Le Bouveret Editor

Dear Readers,

It is with great pleasure that I present this issue of our Internship Magazine, a reflection of dedication, growth, and the pursuit of professional excellence. This edition captures the experiences and achievements of interns who have embraced opportunities to learn, adapt, and contribute meaningfully within to their respective fields.

Each article highlights not only the practical insights gained through hands-on experience but also the resilience and creativity that define our emerging professionals. The stories within these pages serve as a testament to the value of mentorship, collaboration, and continuous learning.

As editor, I extend sincere appreciation to all contributors, mentors, and readers who have made this issue possible. Together, we celebrate the transformative journey of internships—where passion meets purpose, and learning shapes the leaders of tomorrow. I invite you to explore these narratives with the same spirit of curiosity and commitment that inspired their creation.

Sincerely,

A handwritten signature in black ink that reads "Pari Jain". The signature is written in a cursive, flowing style.

Pari Jain  
Student Internship Ambassador



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MASTER *the* CRAFT,  
FORGE *your* FUTURE



# REAL-WORLD *experience,* LIFE-LONG *connections*



This magazine reflects how internships at Culinary Arts Academy Switzerland shape professional readiness. Working in real industry environments, students apply their skills to high operational standards, gaining the experience, discipline, and confidence required to take on responsibility in professional kitchens worldwide —while strengthening their professional profile for future opportunities.

# DIYA RAUT

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📍 INDIA



Term 5 student: Bachelor of Arts in Culinary Arts



## Q1. Where did you do your internship?

I did my internship in Hong Kong at Blacksheep Restaurants, where I worked in their French restaurant, Jean-Pierre.

## Q2. What were your daily responsibilities?

When I started, I would typically begin my day by preparing the *mise en place* for the *Garde Manger* section and helping to plate the *amuse-bouche* and a few starters during service. As I learned more, I took on additional responsibilities within *Garde Manger* and was later appointed head of the pastry section. I was also very grateful to be given the opportunity to train new staff in both the *Garde Manger* and pastry sections, as the restaurant was up and

coming and I was part of the initial core team of six.

## Q3. What was the most valuable skill that you gained during your internship?

The insights and hands-on experience of how a restaurant opening looks were invaluable.



**Q4. Do you feel that you improved your skills and knowledge during your internship? In what ways?**

Yes, I definitely improved the basics: my knife skills are stronger, my *mise en place* is faster and more efficient, and I am better organized during busy service. I also became quicker and more consistent. Mentally, I learned to stay calm under pressure, manage my time, and adapt when things changed. This internship really pushed me out of my comfort zone and taught me to communicate better, take initiative, and trust my abilities.

**Q5. Can you share a memorable or funny incident from your internship?**

A memorable moment for me was when the chef asked for my opinion on a new dish for the menu. I was honestly shocked that he trusted my judgment. I was nervous to give my honest opinion, but he encouraged me to be honest, and he genuinely appreciated what I said. That moment really boosted my confidence. I remembered how, in the start, I wasn't even allowed to season anything, and now he was asking me if the dish tasted right. It made me realise how far I'd come and that he believed in me more than I realized.

**Q6. Was your experience different from what you expected? How so?**

It was definitely different from what I expected. I arrived with a lot of expectations, but the day before starting I was just excited and nervous. I thought I'd mostly be doing basic tasks, and I did at first, but later on I was given





real responsibility, even management tasks I never thought an intern would get. In the beginning I was a bit disappointed because I wasn't learning many new techniques, but now I realize I learned so much about how a kitchen is actually run. It's an experience I don't think I'll get anywhere else.

**Q7. How would you describe the work culture or environment there?**

This was an experience I don't think I would have gotten anywhere else. It was engaging and I always felt like I was learning.

**Q8. What is your biggest takeaway from your internship?**

My biggest takeaway from my internship is that no job is too small—every task, no matter how simple, plays an important role in the bigger picture. I also learned that there's always something new to learn, even when you think you already know enough. This experience showed me how demanding and fast-paced the

hospitality industry can be, and that to truly thrive in it, you need genuine passion, resilience, and a strong work ethic.

**Q9. What advice would you give to students looking for an internship?**

My advice would be stay open to learning and don't be scared to ask questions. Show up on time and be reliable; people notice that and it earns you respect quickly. Internships can be intense, so don't take things personally and just keep putting in the effort, because it always gets noticed. And finally, say yes to opportunities even if they scare you a little. This is the stage where you truly discover what you're capable of.

**Q10. Please describe your internship in three words.**

Challenging. Fast-paced. Memorable.

# NOLAN HAWKINS

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📍 UNITED STATES OF AMERICA 📖 Term 5 student: Bachelor of Arts in Culinary Arts

## Q1. Where did you do your internship, and why did you choose to do it there?

I did my internship at Restaurant Vrijmoed in Ghent, Belgium. I wanted to do it there because they have a strong focus on vegetarian cooking in addition to meat and seafood. In addition, it was a very small team of seven people including me and the head chef. Another big highlight for me in applying was their accolades of having two Michelin stars.



## Q2. What were your daily responsibilities like?

I started my first few weeks as a *tournant* intern (helping wherever I was needed), but quickly was put onto the appetizer and *petit four* section.

I worked on that section with my *Chef de Partie* and two other interns. Shortly afterwards, I was promoted to the commi/second chef of that section and worked hand in hand with my *Chef de Partie* (CDP). I had a few dishes that were my own, and would do my own *mise en place* for savory and pastry applications. After my dishes would be sent to the guests: I would go to the hot section of the pass to help my colleagues plate. This was exercised throughout two services per day (one lunch, one dinner).

**Q3. What was the most valuable skill you gained during your internship?**

The most valuable skill I gained was the ability to work faster and mentally organize myself several days in advance. Getting ahead on *mise en place* is easy; staying ahead is hard, and that's something that took a lot of practice for me.

**Q4. Do you feel that you improved your skills and knowledge during your internship? In what ways?**

Absolutely, I was fortunate to have been surrounded by brilliant chefs with a lot of patience. They mentored me and passed a lot of technical knowledge down. My biggest skill improvements would be mental organization, speed, stress management, and exposure to new techniques/ingredients.



**Q5. Can you share a memorable or funny incident from your internship?**

One Friday night, a guest came in wanting to have their own wine pairing (with their own bottle). The restaurant said yes, and the guest had one glass and gave the rest to the kitchen. The bottle was 2,000 euros. We all shared it at the end of the night and had a good laugh.

**Q6. Was your experience different from what you expected? How so?**

I walked into it not having any expectations. I wanted to let the experience speak for itself, and it did.

**Q7. How would you describe the work culture or environment there?**

We were a very small, tight-knit team, all very hard-working people who know when to hone in and really focus. Afterwards, they know how to let loose and have fun.

**Q8. What advice do you have for students about to start their internship?**

Set unrealistic goals and be delusional enough to know you'll achieve them. Its *cliché*, but if you truly believe that you'll exceed your goals, then you will. Also, become a sponge for all knowledge; take notes for everything.

**Q9. What advice would you give to students looking to do an internship?**

Become the worst person in the room, and be okay with that. Also, show up early with a smile always on your face. You'll learn far more than you think.

**Q10. Describe your internship in three words.**

Intense, Fascinating, Formative



# HEER THAKAR

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📍 INDIA



Term 5 student: Bachelor of Arts in Culinary Arts

## **Q1. Where did you do your internship, and why did you choose to do it there?**

I did my internship at The Ritz-Carlton, Hotel Arts Barcelona, rotating through all the kitchens. I chose it because it's a top luxury hotel known for high standards, strong structure, and the opportunity to learn across multiple sections. I wanted to challenge myself, improve quickly, and understand how a large professional kitchen operates day to day.





**Q2. What were your daily responsibilities like?**

My days were fast paced and hands on. I prepared *mise en place*, including ingredients, sauces, garnishes, and components, ensuring everything met exact standards before service. I also supported service by assisting with plating at the pass and keeping my station organized. Rotating through different sections allowed me to adapt to each team's workflow. I followed strict hygiene and safety routines, including labeling, proper storage, and HACCP practices, while focusing on communication and teamwork under pressure.

**Q3. What was the most valuable skill you gained during your internship?**

The most valuable skill I gained was delivering consistent quality under pressure—working clean, fast, and accurately during service.

**Q4. Do you feel that you improved your skills and knowledge during your internship? In what ways?**

Yes, I improved a lot, especially in speed and organization (planning *mise en place*

and prioritizing tasks) -Precision (better consistency in seasoning, prep, and plating) - Kitchen discipline (clean-as-you-go, high standards, professional habits) - Overall understanding of how sections coordinate in a luxury hotel kitchen.

**Q5. Can you share a memorable or funny incident from your internship?**

One day during service, I moved very fast and confidently and brought a plate to the pass that looked perfect—except it had the wrong garnish for that dish. The chef looked at the plate, looked at me, and said: "Beautiful. Wrong." Everyone laughed, and I never made that mistake again.

**Q6. Was your experience different from what you expected? How so?**

Yes. I expected to learn mostly techniques, but I learned just as much about mindset and endurance—handling long hours, pressure, and strict standards while staying calm, focused, and consistent.

**Q7. How would you describe the work culture or environment there?**

The environment was demanding but professional. Expectations were high and the pace was intense, but it was also a place where you learn quickly. My internship was planned from April 2025 to October 2025, but I had to finish early in August 2025 due to health issues that required me to return home for surgery. My workplace was supportive throughout, which made a big difference.



**Q8. What is your biggest takeaway from your internship?**

My biggest takeaway is that excellence comes from small habits every day: preparation, organization, cleanliness, communication, and consistency—especially when the pace is high.



**Q9. What advice would you give to students looking to do an internship?**

- Choose learning over comfort—pick a place that challenges you
- Be reliable: arrive early, stay organized, and maintain consistency
- Take notes and ask smart questions at the right time (often after service)
- Don't take pressure personally—use feedback to improve
- Protect your health (sleep, hydration, posture, stretching)
- Build a strong reputation through attitude, respect, and teamwork

**Q10. Describe your internship in three words.**

Intense. Precise. Transformative.



# PRISHA TIKMANY

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📍 INDIA



Term 4 student: Bachelor of Arts in Pastry Arts



## **Q1. Where did you do your internship, and why did you choose to do it there?**

I completed my internship at the Four Seasons Dubai, which is renowned for its modern approach to French pastry and high standards of culinary excellence. During my time there, I had the privilege of training under Chef Nicolas Lambert, one of the most respected pastry chefs in the industry. Under his guidance, I was exposed to contemporary pastry techniques, precision in plating, and the importance of balancing flavors and textures.

## **Q2. What were your daily responsibilities like?**

At Four Seasons, I began by assisting with the finishing and garnishing of banquet pastries for large events. I later joined the Amenities and IRD teams, plating dessert orders and creating personalized chocolate amenities for guests. I then managed the live breakfast station and supported buffet service for over 500 guests, ensuring efficiency and proper mise en place. Finally, at Shai Salon and Jou Jou, I prepared and presented display pastries, eventually managing the Jou Jou section independently—from mise en place to service—an experience that strengthened my confidence, organization, and ability to perform under pressure.

**Q3. What was the most valuable skill you gained during your internship?**

This experience immersed me into a fast-paced professional kitchen, where I honed discipline, attention to detail, and teamwork. It deepened my understanding of modern French desserts and reinforced my passion for professional pastry. Working in a high-pressure, multicultural environment also strengthened my communication, resilience, and collaboration skills.



**Q4. Do you feel that you improved your skills and knowledge during your internship? In what ways?**

My internship at Four Seasons Dubai honed my precision, discipline, and consistency in a dynamic kitchen. I mastered modern French pastry techniques, refined plating, and balanced flavors and textures. Rotations across outlets enhanced my efficiency, teamwork, and composure under pressure, boosting my confidence and deepening my passion for pastry.

**Q5. Can you share a memorable or funny incident from your internship?**

The most memorable moment of my internship showed how much I'd grown. I started out shy and almost silent in the kitchen, but over time, I became more confident. One day, when the oven buzzed unattended, I called out, "OVEN!"—and the chefs clapped and laughed, surprised to finally hear my voice. That simple moment marked how far I'd come in finding confidence and belonging in the team.



**Q6. Was your experience different from what you expected? How so?**

My internship was far more demanding and rewarding than I expected. It taught me responsibility, discipline, and professionalism. I learned that success takes patience, teamwork, and focus—not just enthusiasm. The experience built my confidence, communication, and perseverance, helping me grow personally and professionally through real challenges and valuable lessons.

**Q7. How would you describe the work culture or environment there?**

The internship offered a positive, supportive environment where chefs encouraged learning through experience and treated mistakes as growth opportunities. Teamwork and collaboration ensured quality and efficiency, while the nurturing atmosphere boosted my confidence, discipline, and professionalism, making the experience both motivating and rewarding.



team was cautious as I learned the workflow. Within two months as I earned their trust, supporting multiple departments and managing Jou Jou independently. This experience showed me that hard work, consistency, and reliability build respect and confidence.

**Q10. Describe your internship in three words.**

Growth. Experience. Opportunity.

**Q9. What advice would you give to students looking to do an internship?**

- Choose an internship for its learning value, not salary or others' opinions.
- Focus on skills, knowledge, and growth opportunities.
- Check online resources to preview the food or pastry work and assess its learning potential.

Internships are about personal development, not short-term pay.

**Q8. What is your biggest takeaway from your internship?**

My internship taught me the importance of trust and responsibility. Initially, my



# ZAINAB ALMASHAMA

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SAUDI ARABIA



Term 4 student: Bachelor of Arts in Pastry Arts



## Q1. Where did you do your internship and why did you choose to do it there?

I completed my internship at Villa Copenhagen's Rug Bakery, a five-star hotel bakery known for artisanal sourdough and laminated pastries. My goals were to master sourdough fermentation, refine lamination skills, and gain experience in high-volume luxury production combining quality, precision, and efficiency.

## Q2. What were your daily responsibilities like?

The production rotated monthly among mixing, lamination, and shaping, helping me understand the process from start to finish. I worked on croissants, sourdough, brioche, and pastries such as Danish and choux. Danish pastries became my favorite, teaching me precision, lamination control, and creativity. Quality and presentation always remained top priorities.



**Q3. What was the most valuable skill that you gained during your internship?**

My biggest improvement was speed. At the start of my internship, I was slower and still adapting to the workflow, but by the end my efficiency increased greatly. I also improved my communication within an international team and gained confidence in lamination and shaping, making croissants and Danish pastries feel much more natural.

**Q4. Do you feel that you improved your skills and knowledge during your internship? In what ways?**

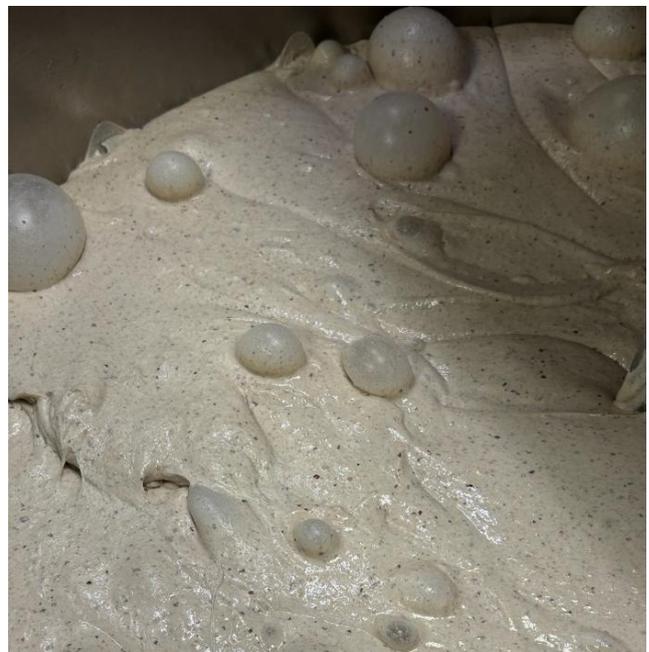
Yes, I definitely improved during my internship. Working in a high-volume bakery helped me become more confident and efficient in the kitchen. I also gained a deeper understanding of the full production process, from mixing and lamination to shaping and final products.

**Q5. Can you share a memorable or funny incident from your internship?**

One memorable moment was forgetting an important ingredient in a 20 kg dough batch. I noticed the texture was wrong and called the chef. From then on, I crossed off ingredients as I added them. This mistake taught me discipline and showed how small errors can have big consequences and valuable lessons.

**Q6. Was your experience different from what you expected? How so?**

Yes, in a positive way. I expected a strict and intimidating environment and felt nervous at first. However, the team was supportive and focused on helping me



improve. I was sometimes asked to redo tasks several times, not because they were bad, but to help me reach a higher level.

**Q8. What is your biggest takeaway from your internship?**

My biggest takeaway is that you learn through your mistakes. Throughout my internship, I made errors, but each one helped me become more precise and disciplined. Growth comes from practice, repetition, and the willingness to improve.

**Q9. What advice would you give to students looking to do an internship?**

My advice is to be open to learning and not afraid of challenges. Internships can be demanding, but difficulties help you grow and become stronger. Stay curious, ask questions, and use every experience as a chance to improve.

**Q10. Describe your internship in three words.**

Challenging. Growth. Professional.





CULINARY ARTS  
ACADEMY  
SWITZERLAND

Contact

[contact@culinaryartsswitzerland.com](mailto:contact@culinaryartsswitzerland.com)

Tel. : +41 24 482 82 82

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