

Kitchen Assistant Program

For NGOs

Goals

- Enhancing chances for employability, following the learning for earning concept
- Learning foundational culinary concepts—like hygiene and safety
- Gaining valuable, hands-on learning experiences by preparing basic recipes

Why GSL?

- Swiss culinary content from top-ranked Swiss vocational schools
- Implementation concept proven effective with NGOs in diverse regions
- A trusted Swiss partner guiding your NGO throughout the training
- Supporting the UN's Sustainable Development Goal 4: Quality Education

How it works

Approach

Flexible blended learning: practical training cross-linked to theoretical digital content, supported by a local trainer at your NGO

Duration

Level 1: 190 hrs
Level 2: 160 hrs

Certification

A Global Swiss Learning certificate is awarded after each level, recognizing participants' progress and completion.

Benefits for your NGO

Structured + guided

Learning is structured by Global Swiss Learning and guided by your local trainer

Flexible

Flexible learning schedules for participants and trainers; online component accessible for learning at any time, anywhere, and on any device

Multilingual

Available in multiple languages; additional languages upon request

Course curriculum



Kitchen Assistant Level 1

190 hrs

Fundamentals of the kitchen

- Introduction 1.0
- Hygiene and preservation of value
- Occupational safety
- Devices, machines, apparatuses and utensils
- Fundamentals of cooking methods
- Fire protection
- Communication
- Nutritional principles
- Process steps 1–5

Food science and knowledge

- Fundamentals of vegetables
- Fundamentals of milk and dairy products
- Fundamentals of eggs and egg products
- Fundamentals of appetizers 1.0
- Fundamentals of stocks
- Fundamentals of soups
- Fundamentals of legumes and sprouts
- Fundamentals of sauces
- Fundamentals of meat products
- Fundamentals of poultry

+35 interactive recipes

Course curriculum

Kitchen Assistant Level 2

160 hrs

Fundamentals of the kitchen

- Introduction 2.0
- Environmental protection and sustainability
- Operational organization 1.0

Food science and knowledge

- Fundamentals of meat
- Fundamentals of grains and cereal products
- Fundamentals of fish
- Basic elements of desserts
- Fundamentals of desserts
- Fundamentals of fruit and fruit products

+25 interactive recipes



The impact on people's lives



"The training prepared me very well. I learned hygiene, sauces, plating, and many recipes, and now I feel confident to work in a professional kitchen. I am grateful for this chance. It makes me believe in my future."

Benitta - Kitchen Assistant
at Best View Hotel

SANGIRA
FRIENDS OF RWANDA



"I left home at 18 with nothing but a dream to cook - no money, no job, no education. I joined Sangira in 2024, finished the program, and started my first internship. Now I'm a cook - and my dream is bigger: owning a hotel."

Ombeni - Kitchen Assistant
at DMall Hotel

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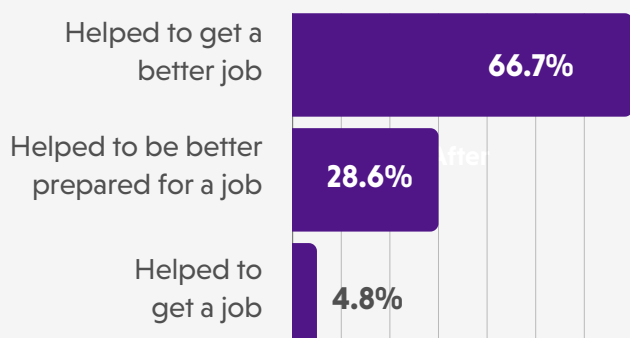
"We have seen clear improvement in students' understanding of hygiene, task organization, and confidence in kitchen duties. The program also gives instructors a structured framework, allowing more focus on practical supervision."

Rasy - Head Chef and Trainer
at Smiling Gecko



The impact on job opportunities

According to more than 100 participants, the GSL training:



100%

said the training improved their kitchen skills



100%

would recommend GSL training