



Institut Français
de l'Hôtellerie

Presentation
Charter

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SOMMAIRE

1. Presentation Requirements

This charter defines the presentation standards expected within the Institut Français de l'Hôtellerie and aims to guarantee an environment aligned with industry standards.

Wearing the uniform is **mandatory throughout the entire establishment** and constitutes an essential element of the professional image upheld by the Institute.

Strict compliance with these requirements conditions access to the premises: any failure to comply with presentation standards or uniform regulations will result in denied access to the Institute and may lead to a formal warning.

Students must at all times have a complete and compliant uniform. In the event of deterioration, they are required to replace, at their own expense, the items concerned.

During internship or company placement periods, the grooming policy is defined by the host establishment.

2. Dress code

2.1 Wearing the uniform

2.1.1 Mandatory professional attire (provided by the school)

Wearing a uniform is compulsory for all students and contributes to the acquisition of professional codes in the hospitality industry.

During classes, learners must wear the uniform provided by the school every day of the week, in accordance with industry standards.



The uniform must consist of:

- A suit jacket (men) or tailored jacket (women)
- Suit trousers / tailored trousers or a skirt
- A white shirt
- A tie (men) or a knotted scarf (women)



2.1.2 Additional mandatory accessories (provided by the student)

Le Shoes, socks, tights, and belts are subject to specific regulations.

2.1.2.1 Shoes

Students are required to wear black city shoes.

Women

Classic black leather or synthetic models, with moderate heels or flats (pumps, derbies, loafers), without ornaments or excessive decorative elements.

Men

Classic low-cut models in black leather or synthetic material, with a discreet heel. Shoes must be clean, polished, and in good condition.

Sports shoes, trainers, sneakers, ankle boots, fantasy styles, as well as any worn-out or non-compliant models, are prohibited.



2.1.2.2 Socks

Students must wear black socks.

Women may wear flesh-colored tights or opaque black tights.

2.1.2.3 Belt

A plain black belt with a discreet buckle is mandatory.

2.1.3 Rules regarding the wearing of the uniform

An impeccable presentation of the uniform is required.

Clothes must be well-fitting, clean, ironed and in perfect condition, with no visible wear or defects.

Trousers must be of appropriate length (the bottom of the trousers should slightly touch the shoe without covering the heel).

For women, the skirt must reach knee level (neither lower nor higher).

The jacket must be properly fitted at the sleeves to ensure a harmonious and professional appearance.

The shirt must be impeccable (clean, ironed, and in excellent condition).



2.1.4 Adaptation rules during winter period

Exceptionally, and depending on weather conditions, students are authorized to wear under the jacket a thin sweater or cardigan exclusively in plain black. These items must remain discreet and must not alter the overall appearance of the uniform.



2.2 Rules applicable to governance / housekeeping classes

Professional attire remains mandatory, with the possibility of replacing the white shirt with a black shirt.

2.3 Rules applicable to service classes

For practical service classes (restaurant floor, bar, sommellerie, etc.), the same professional attire is required, with the possibility of adding a bow tie.

2.4 Regulatory attire for gastronomy classes (cuisine & pastry)

Wearing the professional attire provided by the establishment is mandatory for all students participating in activities carried out in laboratories, workshops, or kitchens. This attire complies with hygiene and safety standards.

The required outfit consist of:



- A chef jacket
- A chef trousers
- A apron
- A head covering (chef hat or skull cap)
- Safety shoes suitable for culinary environments

3. Hygiene and personal presentation

Hygiene and personal presentation are essential components of the professional image expected within the Institut Français de l'Hôtellerie.

3.1 Hair and hands

3.1.1 Hair

Students must present a clean and professional hairstyle. Long hair must be tied back at all times within the establishment (ponytail, bun, or catogan depending on length).

Additional rules:

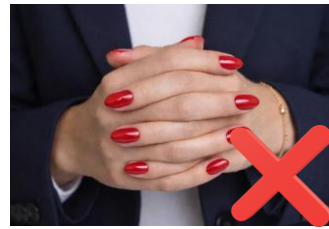
- Hair must be clean, maintained, and neatly styled.
- Hairstyle must keep the face, forehead, and nape of the neck clear
- Moderate use of styling product (hairspray, cream, gel...)
- Only natural hair colors are permitted, excluding any fantasy or extravagant styles
- Headwear is prohibited (caps, beanies, hat, ...)
- Discreet scarves are authorized if they leave the forehead and nape visible and respect professional neutrality.



3.1.2 Hands

Hands must reflect perfect hygiene and a neat appearance:

- Nails short, clean, and well-maintained
- Discreet nail polish in natural colors only and in perfect condition. Colored nail polish is prohibited.
- No glitter, decorations, or fancy designs are permitted



3.1.2 Facial presentation

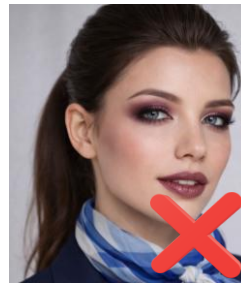
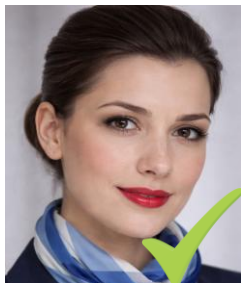
Facial presentation must be neat and natural.

3.1.3 Makeup

Makeup is authorized if light, neat, and in natural tones.

Lipstick must be discreet and perfectly maintained. It may be worn in classic red, discreet gloss, or a pink shade.

Any other lipstick color not mentioned is prohibited. False eyelashes are not accepted.



3.1.4 Beard and mustache

Beards must be closely shaved or carefully trimmed, with uniform length.

Mustaches are permitted if clean and well maintained.



3.2 Accessories and jewelry

3.2.1 Accessories

3.2.1.1 Contact lenses and glasses

Contact lenses and glasses: Only natural-colored contact lenses are permitted. Eyeglass frames must be discreet and without fantasy elements.

3.2.1.2 Tattoos

Discreet tattoos are permitted provided they are completely concealed.

3.2.2 Jewelry

The following are tolerated, provided they remain discreet and professional:

- One pair of discreet earrings (studs or small hoops on the earlobe only)
- A wedding ring or engagement ring
- A discreet watch; smartwatches only in airplane mode
- A discreet metal chain on the wrist or neck
- Piercings remain prohibited, even if concealed.

All jewelry and piercings are strictly prohibited during laboratory classes and during restaurant service classes.



3.3 Personal hygiene

Maintaining rigorous personal hygiene is imperative to ensure a professional presentation in accordance with the standards of hospitality and catering professions.

A daily shower is essential.

Dental hygiene and breath must be impeccable.

The use of an effective deodorant or antiperspirant is recommended.

Hands must be washed frequently and thoroughly throughout service.

Discreet perfumes are permitted, except in laboratory settings.

After a smoking break, it is necessary to ensure the absence of any residual tobacco odor (breath, clothing, hands)

The consumption of chewing gum, candy, etc. is prohibited within the institute.

4. Specific laboratory rules

- 4.1 Hair must be tied back and completely covered by the required head covering (chef hat or skull cap)
- 4.2 All manicures (gel, resin, artificial tips, nail polish) are strictly prohibited.
- 4.3 All jewelry and piercings are strictly prohibited.
- 4.4 Makeup is prohibited.
- 4.5 Perfumes, even discreet ones, are prohibited.