



**NORWEGIAN TRAINING CENTER-MANILA**

of

**NORWEGIAN MARITIME FOUNDATION OF THE PHILIPPINES, INC.**



## 82 UPGRADING COURSE FOR MESSMEN (UCM)

### 2010 DATES:

- Jan 04 – 15
- Jan 18 – 29
- Feb 01 – 12
- Feb 15 – 26
- Mar 01 – 12
- Mar 15 – 26
- Apr 05 – 16
- Apr 19 – 30
- May 03 – 14
- May 17 – 28
- May 31 – Jun 11
- Jun 14 – 25
- Jun 28 – Jul 09
- Jul 12 – 23
- Jul 26 – Aug 06
- Aug 09 – 20
- Aug 23 – Sept 03
- Sept 06 – 17
- Sept 20 – Oct 01
- Oct 04 – 15
- Oct 18 – 29
- Nov 01 – 12
- Nov 15 – 26
- Nov 29 – Dec 10

### DURATION:

**2 Weeks**

(10 days: 0830H – 1630H)

### COURSE CONTRIBUTION:

**USD 630.00**

(NSA Member)

**USD 704.00**

(Non-NSA Member)

*Inclusive of course materials*

### NOTE:

Enrollment must be made two (2) weeks prior to actual course schedule.

This course is designed for messmen and aims to provide knowledge and skills on managing tasks required in performance of messmen duties. The core of instruction focuses on concepts and standard practices governing *personal hygiene, food safety & HACCP, Facility & Kitchen Sanitation, housekeeping, food & beverage services, introduction to baking, and culinary basics.*

**COURSE AIMS & OBJECTIVES:** Upon completion of the course, trainees should be able to meet the following performance objectives and consequently possess the desired knowledge and skills to fulfill the requirements expected in performance of messmen duties.

- identify guidelines in maintaining good personal hygiene.
- observe proper waste segregation as part of sanitation practices.
- identify and control hazards from contaminating food.
- demonstrate proper housekeeping procedures in cleaning galley and accommodation areas.
- correct use and application of cleaning chemicals on treating various dirt.
- practice proper care and storage of various cleaning equipments and chemicals.
- prepare messroom and set-up dining table appointments
- prepare food condiments before service.
- execute swift and safe food service
- observe proper care and storage of various culinary equipments and utensils on kitchen, dining and housekeeping areas.
- familiarize one self on correct usage of various equipments and utensils on kitchen, dining and housekeeping areas.
- demonstrate correct housekeeping procedures on various areas.
- bake assorted breads while observing proper techniques of execution to achieve quality product.
- create various cold/refrigerated desserts
- bake cakes, quick breads and other easy desserts while observing proper techniques of execution to achieve quality product.
- identify proper storage of breads and pastries.
- create the grand/mother sauces and derivatives
- prepare various salads and salad dressings
- prepare basic stock, soup and sauces
- identify proper storage of food prepared

**COVERAGE / PROGRAM FOCUS:** The course covers the following subject areas.

1. Personal Hygiene, Food Safety & HACCP, and Facility & Kitchen Sanitation
2. Housekeeping
3. Food and beverage services
4. Introduction to Catering Equipments
5. Introduction to baking & pastry
6. Introduction to Culinary

**METHOD:** Theoretical and practical instruction is given appropriate arrangement and combination. Laboratory demonstration and guided hands-on followed by assigned group activities shall be employed to facilitate training and to assess & evaluate level of adeptness and comprehension of trainees.

**ENTRY REQUIREMENT / TARGET GROUP:** Preferably, shipboard experience as Messman/Messboys

**COURSE CERTIFICATE:** A Certificate of Completion is given to each participant who satisfactorily fulfills the Course.

# Register

**ADDRESS:** Norwegian Training Center-Manila Gate 2 TESDA Complex, East Service Road, Taguig, Metro Manila, Philippines

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