

# FULL TIME COURSE GUIDE



رؤية  
VISION 2030  
المملكة العربية السعودية  
KINGDOM OF SAUDI ARABIA

CULINARY ARTS  
ACADEMY  
SWITZERLAND

زادك  
ZADK



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**Rania Moualla**  
Founder & Chairman, ZADK

## A MESSAGE FROM OUR FOUNDER

### YOUR LIFE IN FOOD BEGINS HERE

My vision for the ZADK Academy is to provide Saudis with an opportunity to develop fine culinary skills that will not only help meet the growing demand for local chefs, but most importantly place Saudi cuisine on the world map.

We aim to give our students the chance to achieve the highest level of academic excellence in culinary education through a hands-on approach, so they are well-prepared to work wherever their career takes them. I am sure some of them will become culinary entrepreneurs, establishing food businesses not only locally but globally. Through ZADK, they will also gain the opportunity to learn about current global issues such as the importance of sustainability in the food ecosystem and food waste.

This is our passion at the ZADK Academy. In fact, the development of professionals who will move the culinary arts forward is the mission that drives us. The ZADK Academy provides an invaluable foundation for people who aspire to be world class chefs and restaurateurs. Our aim is to nurture a student's creativity and imagination while they widen and develop their culinary knowledge and hone the essential cooking skills under the expert guidance of international chefs in state-of-the-art kitchen facilities. The Academy's comprehensive training prepares students for their future in the culinary arts and provides employers with competent individuals who add value in a professional environment.

### **Dear Student,**

For some, food is a routine part of life. For others, the culinary arts are a calling – a true passion. You love food - and you are pretty sure you would like to develop your current passion with food. If this sounds like you, then ZADK the Saudi Culinary Academy is the only place you need to be. Here at ZADK you will get the immersive learning and industry connections that will prepare you to lead in the kitchen, the boardroom, or anywhere else you want to go with food.

The ZADK Academy will develop chefs who are both creative and equipped with the skills they need to compete in a global setting. My goal is to see chefs showcasing the very best of Saudi culture and heritage as they promote their local produce and flavors in the international arena.

I look forward to welcoming you on this exciting journey at ZADK!

**Rania Moualla**  
Founder & Chairman, ZADK

## INTRODUCING ZADK CULINARY ARTS ACADEMY

ZADK Culinary Arts Academy is a unique initiative in Saudi Arabia. The name is derived from the Arabic term "Zad (زاد)", which mainly means the traveler's food but also relates to individual achievement and actions for good or evil, as well as the ability to produce and progress. A student's Zad is his or her power of knowledge, which is needed for progress and growth. The Arabic letter "ك" [k] was added to the term "Zad" to become "زادك" ZADK making it mean "your food". This gesture of personalization promotes a sense of ownership for every person affiliated with the "ZADK Academy" and embraces the philosophy and culture of the Academy.

As an independent, non-profit Culinary Academy we aim to contribute to the **2030 Vision** by offering a range of full time courses to meet the needs of our students and prepare them for work. With a focus on entrepreneurship and practical skills we will prepare you for your future career in the Culinary Industry. You will study and practice your skills in small class sizes in our brand new state-of-the-art facilities in Al Khobar and be taught by highly experienced international chefs.

### VISION

To create positive social change in Saudi Arabia by establishing a top-quality flagship culinary Academy that becomes a platform for the Kingdom's food sector.

### MISSION

Developing talented young Saudi women and men regardless of their social background into world renowned chefs, developing initiatives related to locally produced food, zero waste and healthy eating habits.



## VALUES



### Passion

We are committed to our dreams and continuously working to overcome any hurdles.



### Teamwork

We work together to meet the needs of our community and to help ZADK grow.



### Good Citizenship

We take initiative to support the growth of the community and improve the quality of life.



### Excellence

We aim for excellence by reflecting on our practices and quality of work. We promote a positive environment for our graduates and employees.



### Innovation

We are tirelessly working on discovering new ideas and putting no limits on our creativity.



### Responsibility

We have a sense of duty towards delivering on our promises.





## WHY STUDY AT ZADK CULINARY ARTS ACADEMY ?

At ZADK Culinary Arts Academy our mission is to launch the careers for the future stars of the culinary world. Students will study classical, modern, international and Saudi cuisine in Saudi Arabia under the guidance of international chefs.

Becoming a top chef takes ambition, dedication, passion and skill. The world, and especially the Kingdom of Saudi Arabia, is experiencing a culinary renaissance and employers are demanding qualified, skilled and creative chefs. Despite this demand there is currently a huge skills shortage within the industry for qualified chefs.

At ZADK we extend our training to develop the full range of skills and qualities needed to be a modern chef from core cooking skills, management to leadership skills and beyond.

If you are an ambitious, aspiring entrepreneur with a passion for cooking and a love of food, the ZADK Culinary Arts Academy will help you bring your passion to life!

## STUDENTS WILL BE:

- **CREATIVE**
- **LEADERS**
- **MOTIVATED**
- **KNOWLEDGEABLE**
- **ETHICAL**
- **CONFIDENT**

ZADK students will have the perfect blend of entrepreneurship and culinary skills to begin their journey and achieve their dreams.

## YOUR CULINARY EDUCATIONAL JOURNEY STARTS HERE

You will study in our state-of-the-art culinary facility with highly experienced and specialized international chefs. From day one you will be immersed in an international world of culinary art and will immediately start your practical kitchen work classes.

We offer a range of courses to meet the differing needs of aspiring chefs. The admissions office staff are happy to help you decide which is the right course for you.



## OUR PROGRAMMES

### I. THE SAUDI-SWISS DIPLOMA OF CULINARY ARTS

Cater to your career with the perfect blend of entrepreneurial learning and culinary skills delivered over 2 years including 6 months internship with leading companies.

With over 600 hours of kitchen experience this unique course offers successful students the opportunity to become a top chef in Saudi Arabia, or overseas.

The Diploma in Culinary Arts is delivered in partnership with the **Culinary Arts Academy Switzerland** and is aimed at:

- High-school graduates with a passion for food and a desire for a culinary career
- Those already in work but seeking a career change
- Those already working in the culinary industry and seeking to increase their knowledge and skills to progress their career with a professional qualification
- People with a passion for cooking and a strong desire to pursue a culinary career in the hotel or restaurant business

#### Entry Requirements:

- High School Diploma or equivalent
- English language proficiency, Cambridge B2 or equivalent
- Minimum age of 17 years

**Duration of Study: 30 hours each week for 44 weeks plus 4 – 6 months internship.**



## COURSE STRUCTURE

### Term 1 (16 weeks)

- Fundamentals of Classical Cooking - Practical
- Fundamentals of Classical Cooking - Theory
- Food Safety and Sanitation
- Introduction to Industry Experience
- English Language Support

### Term 2 (16 weeks)

- Culinary Skills in Banquet and Buffet Preparation
- Introduction to Baking and Pastry Arts
- Kitchen Management
- Business Communication
- English Language Support

### Internship (4 to 6 months )

### Term 3 (16 weeks)

- Cuisines of Europe
- The World of Garde Manger
- Nutrition
- English Language Support

### Term 4 (16 Weeks)

- Saudi Cuisine
- Sustainability and Corporate Social Responsibility
- Entrepreneurship
- English Language Support

### Internship (2 Months )

## Continuing Study for the Bachelor Degree

Students who successfully complete the The Saudi-Swiss Diploma of Culinary Arts and six months internship, **have the option** to progress on to a Degree course, which is delivered in Le Bouveret, Switzerland.

After studying successfully in Switzerland, students choosing this pathway will be awarded with the Bachelor of International Business in Culinary Arts awarded by Cesar Ritz Colleges Switzerland, and the Bachelor of Arts in Culinary Arts awarded by University of Derby, U.K.

These arrangements, and all other applications for undergraduate studies in Culinary Arts are to be made with the Culinary Arts Academy Switzerland. The Zadk Student Support team will help with this process.

### Study Requirements:

- Saudi-Swiss diploma of culinary arts certificate.
- Certificate Proof of IELTS 5.5 or equivalent is required for visa entry to the Bachelor Degree in Switzerland.

Information on continuing studies can be found at [www.culinaryartsswitzerland.com](http://www.culinaryartsswitzerland.com)



## 2. THE PROGRAMME OF CULINARY ARTS

At Zadk we understand that individuals have different aspirations and goals, time constraints, personal and work commitments so we have designed a series of shorter courses. This allows students to study at their own pace to meet their personal interests and goals.

### Programme overview:

- A. Programme in European Cuisine
- B. Programme in Patisserie
- C. Programme in Saudi and Middle Eastern Cuisine

### Typical ambitions of students taking this course include:

- Launching a career as a professional chef
- Opening a cafe, bistro or restaurant
- Launching a catering business



## A. PROGRAMME IN EUROPEAN CUISINE

Throughout the 9 months of this course, you are first taught basic culinary skills before applying them to high-quality produce and specialist ingredients.

Laying a good foundation in basic cuisine, this programme is for beginners and experienced students alike. Our experienced chef instructors give culinary demonstrations to the class, explaining as they go along the techniques they are using. Students then put into practice the techniques they have seen with the chef guiding them as they cook. Students also receive additional learning material and have access to the Zadk E-learning portal to underpin the practical knowledge taught and provide context to the techniques developed and ingredient used.

Programme details:

- The course is made up of three separate qualifications
- Students may study for one, two or three terms
- Each certificate can be gained individually or as a full programme
- Certificates must be taken in order, as each course builds on the skills and knowledge of the previous term.

### Entry requirements:

- High School Certificate
- English language proficiency, Cambridge B2 or equivalent
- Minimum age of 17 years.

### Qualifications:

- Foundation Certificate ( 11 weeks )
- Intermediate Certificate ( 11 weeks )
- Superior Certificate ( 11 weeks )

No previous culinary experience is required.

## COURSE STRUCTURE

### 11 weeks

Foundation  
Certificate in  
Essentials of  
Cuisine

### 11 weeks

Intermediate  
Certificate in  
European  
Cuisine

### 11 weeks

Superior  
Certificate in  
European  
Cuisine

**Programme in European Cuisine**  
(each certificate can be taken individually)

## B. PATISSERIE PROGRAMME

You will gain the required knowledge to master the culinary art of pâtisserie, developing creative skills and learning established techniques to create classic and contemporary dessert served in the finest restaurant and pâtisseries.

For each class pastry chef instructors give culinary demonstrations of delicate and intricate pastry items to showcase key techniques in creation and decoration, explaining each technique they use. Students then practice the techniques learnt during the demonstration at an individual workstation in our dedicated patisserie practical kitchens under the guidance of the chef instructor. Technical classes explore a specific culinary subject or ingredient and are taught through concise classroom sessions. Students also receive additional learning material and have access to the Zadk E-learning portal to underpin the practical knowledge taught and provide context to the techniques.

The final Patisserie Master Challenge will give you the opportunity to showcase your skills and creativity.

### Programme details:

- The course is made up of three separate qualifications
- Students may study for one, two or three terms.
- Each certificate can be gained individually or as a full programme
- Certificates must be taken in order, as each course builds on the skills and knowledge of the previous term.

### Entry requirements:

- High School Certificate
- English language proficiency, Cambridge B2 or equivalent
- Minimum age of 17 years.

### Qualifications:

- Foundation Certificate ( 11 weeks )
- Intermediate Certificate ( 11 weeks )
- Superior Certificate ( 11 weeks )

No previous culinary experience is required.

## COURSE STRUCTURE

|  |  |  |  |
|--|--|--|--|
| <b>11 weeks</b><br>Foundation Certificate in Essentials of Baking and Pastry | <b>11 weeks</b><br>Intermediate Certificate in Pastry and Chocolate Arts | <b>11 weeks</b><br>Superior Certificate in Pastry and Chocolate Arts | <b>Programme in Patisserie</b><br>(each certificate can be taken individually) |
|--|--|--|--|

## C. PROGRAMME IN SAUDI AND MIDDLE EASTERN CUISINES

This course focuses on developing fundamental culinary skills plus the specialist techniques skills used in Saudi and Middle Eastern Cuisine. The course combines practical kitchen skills with technical lessons and is suitable for beginners and experienced cooks. Our internationally qualified Saudi Chefs will demonstrate the use of local produce to create traditional and innovative dishes.

Students receive additional learning material and have access to the Zadk E-learning portal to underpin the practical knowledge taught and provide context to the techniques developed and ingredient used.

As you move through the course, skills are developed layer upon layer and the focus becomes the creation of innovative menus and dishes that allows students to demonstrate their technical skill, understanding of the use of flavours and flair for blending culinary cultures to create their own personal signature dishes.

### Programme details:

- The course is made up of three separate qualifications
- Students may study for one, two or three terms
- Each certificate can be gained individually or as a full programme
- Certificates must be taken in order, as each course builds on the skills and knowledge of the previous term.

### Entry requirements:

- High School Certificate
- English language proficiency, Cambridge B2 or equivalent
- Minimum age of 17 years.

### Qualifications:

- Foundation Certificate ( 11 weeks )
- Intermediate Certificate ( 11 weeks )
- Superior Certificate ( 11 weeks )

No previous culinary experience is required.

## COURSE STRUCTURE

|  |  |  |   |
|--|--|--|---|
| <b>11 weeks</b><br>Foundation Certificate in Essentials of Saudi and Middle Eastern Cuisines | <b>11 weeks</b><br>Intermediate Certificate in Saudi and Middle Eastern Cuisines | <b>11 weeks</b><br>Superior Certificate in Saudi and Middle Eastern Cuisines | <b>Programme in Saudi and Middle Eastern Cuisines</b><br>(each certificate can be taken individually) |
|--|--|--|---|



## Improving Your Business English Communication

If you do not already meet the required English language criteria for your chosen course, the English Foundation Programme is the ideal way to strengthen your English language skills before commencing your culinary academic studies. This programme helps students to acquire the competence, confidence and skills necessary to enter any of the full time culinary courses at Zadk. It consists of a number of levels of intensive non-credit courses, which are delivered to small groups of students.

- The programme can be taken prior to commencing any full time course.
- Students entering the programme are tested upon arrival using an Online Placement Test (OPT) in order to place students in the appropriate class level.
- Students must have Cambridge B2 or the equivalent to begin.

Students study for a minimum of 20 hours of English instruction per week and covers the following subject areas:

- Introduction to College Studies
- Structured Writing and Grammar
- Learning Strategies and Study Techniques
- Vocabulary Development and Intermediate Reading
- Reading and Text Analysis
- Communication Skills
- Critical Thinking and Analysis
- General Catering Knowledge and Skills

### Duration

The English Foundation Programme runs throughout the year in 12 week blocks. Students may join at the beginning of any 12 week block, for a minimum of 4 weeks and a maximum of 12 weeks. Students must achieve the required OPT score to progress to their culinary course. If a student has not achieved the required OPT score but has completed the maximum 12 weeks of study, it is not possible to remain in the English Foundation Programme and he will be advised of the appropriate culinary course for him/her.

| On line Placement Score | Guideline to achieve an online placement test of 50+                                 |
|-------------------------|--|
| 50 +                    | No course required but ongoing specialist English support may be needed.             |
| 48 - 49                 | 4 – 8 Weeks  |
| 46- 47                  | 8 – 12 Weeks   |
| 40 - 45                 | 12 Weeks   |
| 1 - 39                  | Recommendation to take an external English programme before joining any Zadk Course. |

## THE INTERNSHIP PROGRAMME

The Internship gives you the opportunity to hone your skills over a six-months period before moving into employment or moving on to further study.

The internship is mandatory for the programme in Culinary Arts and this is an assessed part of the course. Students must successfully complete the internship to be able to progress with their studies or graduate with their full qualification.

## CAREERS ADVICE AND GUIDANCE SERVICES

Our careers advisor gives impartial and confidential advice and guidance.

They will assist you with:

- Choosing the right course for you
- Planning your career journey and helping you to consider all opportunities available, including internships, employment or further study
- Interview preparation
- CV writing
- Job applications
- Information on gap year work and local employment vacancies

Careers preparation is embedded in each of our courses and all students have the opportunity to access industry experience/ internship programmes.

## STUDENT SUPPORT SERVICES

At Zadk Academy, we provide support to students with a range of individual needs. We want you to enjoy your time at Zadk and achieve your true potential.

We have staff who can help you whether you require:

- Personal support
- Additional support with your studies
- Mentoring or support with your finances

We accept and support students with physical and learning difficulties providing we can be sure that they are safe in the working environment and have the ability to complete the course successfully. This assessment will be made by the culinary and support staff teams on an individual basis.

We encourage students and their families to disclose any physical or learning difficulties at the application stage in order that support can be put in place as soon as possible.

If you would like further information please contact our Student Support Team on

[info@zadk.com.sa](mailto:info@zadk.com.sa) or **+966 50 012 6355**

## SPONSORSHIP OPPORTUNITIES

Our aim is to provide opportunities for any Saudi with a passion for cooking and a desire to work in the culinary industry and we do not want financial difficulties to stand in the way.

Sponsorship offers the opportunity for an aspiring chef to have his studies paid for by a company. Students who secure a Sponsorship Package are sure of employment with their Sponsoring Company at the end of their studies. They will sign a contract with their Sponsoring Company and will be required to work with that company for a minimum of 2 years after graduation.

Sponsorship contracts are agreed on an individual basis.

For further information please contact the Admissions Team on

[info@zadk.com.sa](mailto:info@zadk.com.sa) or **+966 50 012 6355**

## ACCOMMODATION

For those students who are moving to Al Khobar to study, we are able to offer support in finding suitable accommodation.

For further details please contact the Admissions Team on

[info@zadk.com.sa](mailto:info@zadk.com.sa) or **+966 50 012 6355**

## OUR PARTNERS

As a non-profit Academy our Mission will be complete with the continued valuable support of our partners. We are forever grateful for this support, encouragement and opportunities they provide for Zadm students.





## CONTACT US

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