

## The Food Programme

Do you want to learn about Swedish and international food culture?  
Do you want to be able to apply for a job directly after upper-secondary school?  
Do you want to work or study abroad?  
Do you want to start your own company some day?  
Do you want to have an education which gives you good job possibilities?  
If so, then the Food Programme may be something for you.

On the Food Programme you broaden your knowledge about presenting and handling food. But you can also choose to become really good at something you are especially interested in. Just think how food shapes our daily life, how important it is when we celebrate something and how many different sorts of food there are! Then you can appreciate how large the Food preparation branch is and the possibilities you have.

In the Food preparation branch there are many self-employed persons. Therefore you get the fundamentals you need in order to one day start your own company.

The Food preparation branch is international. With language skills and understanding and interest for other cultures, you have good possibilities to work or study abroad after you time on the Food Programme.

### Working or studying further

If you choose the Food Programme you can apply for a job directly after upper-secondary school. Which job you can apply for depends on which courses you have studied at upper-secondary school. Sometimes you first have to become an apprentice for a year or more. You receive an apprentice salary and get to go along with those working in the industry, in order to learn from them. They have special skills and have worked within your trade for a long time.

If you want you can also study after upper-secondary school. You can choose to further your education at a vocational university or folk high school or university.

### Possible jobs

Once you have studied on the Food Programme you can apply for a job as a baker, pastry chef, butcher or shop assistant.

### Programme contents

The Food Programme consists of courses. Certain courses are obligatory for everyone who studies at upper-secondary school. Other courses are specific for the Food Programme. You get to choose some of the other courses yourself.

The programme does not have any national course of study. Instead, all schools have the possibility to create their own. Examples of courses of studies are bakery and pastry shop,

perishable goods, café, delicatessen or Food preparation shop, butcher shop, meat cutting or Food preparation industry.

Maybe you have a special interest in studying in a different place? Ask your careers officer if the course of study has an average. Maybe you can still apply to the course of study.

### **Contact with the working life**

On the Food Programme you have contact with professional life as early as upper-secondary school. You have at least 15 weeks of internship training (APU). Your APU is organised by your school in collaboration with different companies and places of work where you live. It is a good way to get contacts which you can use when you apply for a job. If you are interested in doing your APU in a country other than Sweden, this can be arranged.

### **Jobs and the future**

There are many jobs in the Food preparation branch. This is good for those of you who wish to find a job directly after upper-secondary school. But whether you get a job also depends on which courses you have studied, how much practical experience you have and if you can think of commuting or moving to get a job. Most jobs are found within pastry shops/cafés, but there are jobs even within butchering and meat cutting.