

**INDUSTRIAL TRAINING REPORT INTERNSHIP AT
PARESA RESORT PHUKET**



**ARRANGED BY
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OTTIMMO INTERNATIONAL
MASTERGOURMET ACADEMY
SURABAYA
2024**

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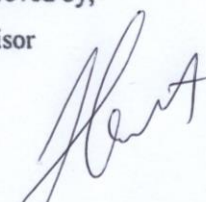
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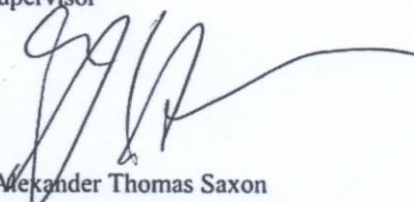
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PREFACE

Praise be to God Almighty, for His kindness and grace the author was able to complete 6 months of industrial training at Paresa Resort Phuket, so that this internship report can be completed properly. This report is based on 6 months of industry training based on the period written 11 December 2023 – 28 May 2024. This report is made as a requirement to complete culinary program studies at Ottimmo Internasional diploma program. Of courses in making this report is not an easy thing, therefore the author would like to thank you:

1. Mr. Zaldy Iskandar as the President Director of Ottimmo International
2. Mrs. Heni Adhianata as the head of the study program
3. Mr. Gilbert Yanuar Hadiwirawan as my academic supervisor
4. Mr. Robby Jie as the author's internship consultant and head of student affairs.
5. Mr. Alexander Thomas Saxon as Executive Chef at Paresa Resort Phuket
6. My parents who always support me in everything so that I can complete my studies
7. All Kitchen Staff at Paresa Resort Phuket
8. All F&B team at Paresa Resort Phuket

Pontianak, 1st August 2024



Stella Ardelia Fredrick

TABLE OF CONTENT

Plagiarism Statement	ii
Approval 1	iii
Approval 2	iv
Preface	iv
Table Of Content	vi
Table Of Picture	viii
List Of Table	xi
Abstract	xii
Chapter I Introduction	1
1.1 Background Of Study.....	1
1.2 Industrial Training Ojective.....	2
1.3 The Benefits Of Internship.....	3
Chapter II Establishment Background	4
2.1 Company’s History And Values.....	4
2.2 Establishment Description.....	4
2.3 Occupancy Rate.....	11
2.4 Kitchen Brigade And Job Description.....	12
2.5 Hygnie And Sanitation.....	15
Chapter III Internship Activities	21
3.1 Job Description.....	21
3.2 Product.....	42
3.3 Picture Of Place During Internship.....	47

3.4 Events.....	51
Chapter IV Conclusion	59
4.1 Conclusion.....	59
4.2 Problems And Solution	60
4.3 Suggestion	61
Bibliography	
Appendix	

TABLE OF FIGURES

Figure 2.2 Infinity Pool	6
Figure 2.3 Floating breakfast	7
Figure 2.4 Floating Sunset Cocktail	8
Figure 2.5 BBQ In-Villa Experience.....	8
Figure 2.6 Paresa Reward.....	9
Figure 2.7 Good Shepherd in Phuket City	10
Figure 2.8 Occupancy Rate Paresa Resort Phuket	11
Figure 2.9 Kitchen Brigade Paresa Resort Phuket	12
Figure 2.10 Tools for cleaning utensils.....	17
Figure 2.11 Cleaning Day	17
Figure 2.12 Material Arrival and Checking process	18
Figure 2.13 3 Types of Trash Cans	19
Figure 2.14 Fertilizer Making Machine	19
Figure 3.1 Egg Station.....	22
Figure 3.2 Omelette and Noodle soup.....	22
Figure 3.3 Preparation For Egg and Noodle Station	23
Figure 3.4 Bakery Morning Preparation for Breakfast	24
Figure 3.5 Activity During Breakfast hour	25
Figure 3.6 Make Bakery Condiment	25
Figure 3.7 Dessert for Andaman Gallery	26
Figure 3.8 Condiment For Event.....	27
Figure 3.9 Preparation Menu for Breakfast.....	28

Figure 3.10 Thai Kitchen Brakfast Alacarte Menu	29
Figure 3.11 Lunch and Dinner Alacarte Menu	30
Figure 3.12 Sense of Paresa Set Menu	31
Figure 3.13 Thai Kitchen Condiment.....	31
Figure 3.14 Som Tum Cooking Demo	32
Figure 3.15 Cold Kitchen Breakfast Menu	33
Figure 3.16 Preparation for Tommorow Breakfast	34
Figure 3.17 Cold Kitchen Breakfasr Alacart Menu	35
Figure 3.18 Cold Kitchen Preparation Breakfast for Tommorow.....	36
Figure 3.19 Lunch and Dinner Alacart Menu	36
Figure 3.20 Fruit Craving.....	37
Figure 3.21 Hot Kitchen Breakfast Menu	38
Figure 3.22 Hot Kitchen Breakfast Alacarte Menu.....	39
Figure 3.23 Hot Kitchen Lunch and Dinner Alacart Menu.....	40
Figure 3.24 Hot Kitchen Condiment	41
Figure 3.25 Egg Station Place	47
Figure 3.26 Bakery Kitchen	48
Figure 3.27 Cold Kitchen.....	48
Figure 3.28 Thai Kitchen	48
Figure 3.29 Hot Kitchen.....	49
Figure 3.30 Butcher Room.....	49
Figure 3.31 Freezer and Chiller at Butcher Room	49
Figure 3.32 Vegetables Room.....	50

Figure 3.33 Chiller at Vegetables Room.....	50
Figure 3.34 Dry Store.....	50
Figure 3.35 Steward Area.....	51
Figure 3.36 Christmas Dinner Buffet.....	52
Figure 3.37 New Year Dinner Buffet.....	53
Figure 3.38 Chinese New Year Breakfast Buffet.....	54
Figure 3.39 Golden Baked Choux Bun	54
Figure 3.40 Valentine's Day Dinner Dessert.....	55
Figure 3.41 7 Monks Food	55
Figure 3.42 Preparation Condiment For Wedding Dessert.....	56
Figure 3.43 Plating Trial and Wedding Cake.....	57
Figure 3.44 Appetizer Menu For Wedding	58

LIST OF TABLES

Table 3.1 Egg and Noodle Section.....	21
Table 3.2 Bakery Section	23
Table 3.3 Thai Kitchen Section.....	28
Table 3.4 Cold Kitchen Section.....	33
Table 3.5 Hot Kitchen Section	38

ABSTRACT

The purpose of the Author doing this internship is to find out all activities that include duties and responsibilities in the F&B sector, learn how to adapt to work and gain work experience, etc. The author do internship at Paresa Resort Phuket which is a five-star luxury resort located on the Kamala Cliffs. During the 6 month, the author was placed in several kitchens such as Hot Kitchen, Cold Kitchen, Bakery, and Thai kitchen. This is where the author learned many things such as new receipts, new techniques, how to treat various types of food ingredients, etc. Author can also develop soft skills such as teamwork, problem solving, creativity, time management, socialization, and resistance to the pressure of working in the kitchen. During the internship, the writer experienced the biggest obstacle in language differences, but the writer was able to overcome this obstacle well. During the internship the author was able to conclude that one of the important factors in the world of work is good and supportive colleagues.

Keyword : *Internship, Paresa Resort Phuket*