

CHAPTER I

INTRODUCTION

1.1 Background of Study

Working in the industry for a few months during an internship allows students to apply theoretical knowledge in real-life settings and gain practical insight into the working world and society (Harun et al., 2018). This perspective highlights the importance of hands-on experience in bridging the gap between academic learning and professional practice, especially in skill-based fields such as culinary arts. Through direct involvement in kitchen operations, students are able to develop technical competence, improve work discipline, and gain a better understanding of industry standards and expectations.

In addition, research has shown that students tend to follow instructions more effectively during internship placements, primarily because they are immersed in actual industry environments that provide direct exposure to operational systems and professional standards (Arago et al., 2019). This immersion helps students understand the flow of kitchen operations, develop discipline, and build foundational habits essential in the culinary field.

Given the opportunity to gain practical experience, an internship in Thailand was chosen due to its rich culinary culture. Thai cuisine is not only a cultural attraction but also an internationally recognized food tradition, celebrated for its health benefits, complex flavors, and beautiful presentation. As noted by Insuwanno (2024), Thai culinary practices reflect the country's diverse culture and are designed to cater to a wide range of tastes and preferences, making it an ideal setting to grow culinary skills and deepen cultural understanding.

In line with these objectives, the internship took place at Centara Karon Resort Phuket in Thailand, a well-known family-friendly resort located moments from Karon Beach. The resort is celebrated for its spacious accommodations, modern style, and a wide range of activities suitable for all ages. This environment provided an excellent opportunity to develop culinary skills while being immersed in a vibrant, family-oriented setting, where

hospitality and food services play a significant role in enhancing the overall guest experience.

The internship lasted for six months, from December 3rd to May 31st. The assigned department was breakfast Thai kitchen for 4 months and switch to breakfast western kitchen for the rest 2 months, where tasks included ingredient preparation, setting up and perform live cooking stations, helping during service time, and keeping the kitchen clean and safe. There were also opportunities to observe or assist in other departments, which helped build a more complete understanding of kitchen operations.

This internship provided valuable experience in professional kitchen work, helped improve culinary skills, and served as important preparation for a future career in the food and hospitality industry.

1.2 Industrial Training Objective

1. To improve basic culinary techniques such as food preparation, cooking, and plating.
2. To learn how a real professional kitchen operates, including teamwork, time management, and organization.
3. To explore Thai cuisine and learn more about its unique flavors, ingredients, and cooking methods.
4. To handle real-time kitchen challenges and develop solving problems skills during service.
5. To prepare for future job opportunities in the culinary or hospitality industry by gaining real experience.

1.3 The Benefits of Internship

1.3.1 For Students:

1. Got real experience working in a hotel kitchen.
2. Improved cooking skills and learned new recipe and techniques.

3. Got better at teamwork and communication with people specially from different backgrounds.
4. Learned more about Thai food, local ingredients, and how flavors are balanced.
5. Became more disciplined, responsible, professional, and is able to adapt in a new work environment

1.3.2 For Ottimmo International

1. Helped promote Ottimmo through student performance abroad.
2. Prove connection for what students learn in class with real industry practice.
3. Expanding the network of cooperation between academy and hotels.

1.3.3 For Centara Karon Resort Phuket

1. Got support from interns in daily kitchen tasks.
2. Had a chance to guide and train future chefs.
3. Strengthened connection with culinary schools.
4. Gained new energy and fresh ideas from young interns.
5. Built a good image as a place that supports learning and growth.