

CHAPTER I

INTRODUCTION

1.1 Background of Study

Internships are essential to the culinary education process because they help close the knowledge gap between theory and practice. Hands-on skills like food preparation, kitchen management, hygiene procedures, and teamwork are crucial in the culinary arts and cannot be learned solely in the classroom. Students can learn industry standards, gain professional discipline, and work in actual kitchen settings through an internship. Additionally, internships significantly boost students' abilities and clarity about professional roles, making students better prepared for the demands of real-world culinary workplaces (Thaib, Iqbal, & Shoaib, 2025)

In hospitality and culinary education, internships have a big impact on students' skill development, self-esteem, and preparedness for the workplace. (Seyitoğlu, 2019). Internships give students the opportunity to learn time management skills, adjust to the demanding kitchen environment, and get guidance from professionals in the field. Students gain insight into potential career paths and improve employability through this experiential learning.

One of the more well-known cafes in Surabaya is Common Grounds. The author chose Common Grounds as an internship place because it is known for its strong brand reputation and high standards in coffee and food, the café provides valuable hands-on experience in both kitchen and service areas. Interns also benefit from exposure to events and collaborations that help develop creativity, teamwork, and a deeper understanding of the F&B industry. Common Grounds provides 3 different sections which are Sweet, Sauté, and Grill. The internship activity is carried out for six months, starting from November 25, 2024 to June 8, 2025.

The internship at Common Grounds gave the author a clear and broad understanding of how kitchens and the hospitality industry work in real life. It showed what it's like to work in a fast-paced kitchen, how important teamwork

is, and what it takes to provide good service (Tung, 2021). this experience helped the author connect what they learned in class with real work in the field. During the internship, the author gained hands-on experience in both the technical and interpersonal aspects of working in a professional kitchen. Learning how to manage ingredient stocks, operate essential kitchen tools, prepare basic components such as sauces and cooking bases, and store ingredients properly to maintain quality and minimize waste. In high-volume food production, the importance of time and ingredient management became clear, as both are crucial for maintaining efficiency and consistency. The author also recognized the critical role of hygiene and cleanliness in every stage of food preparation.

Beyond the technical skills, the internship helped the author strengthen soft skills such as teamwork, communication, discipline, and a strong desire to learn. By engaging directly with the kitchen team, the author gained a clearer understanding of how a professional kitchen operates and the personal qualities needed to contribute effectively. This experience proved to be an important step in their culinary learning journey.

1.2 Industrial Training Objective

1. Understand professional kitchen workflow and organization
2. Strengthen culinary techniques and recipe knowledge
3. Gain real-world kitchen experience
4. Apply food hygiene and safety protocols
5. Enhance teamwork and communication skills
6. Become more proficient and disciplined as an individual

1.3 The Benefits of Internship

1.3.1 For Students

1. Creates opportunities to network with professionals who may help them in their future careers.
2. Expand culinary and hospitality knowledge and skills.

3. Build a stronger resume with relevant hands-on experience.
4. Develop a professional mindset and work habits expected in the industry.
5. Improve time and food ingredient management skills.

1.3.2 For Ottimmo International

1. Encourages active and experiential learning for its students
2. Build good relationships or networks with reputable F&B companies
3. Strengthens institution's graduate employability stats
4. Enhances the institution's academic credibility

1.3.3 For Common Grounds Surabaya

1. Offer professional development opportunities for senior staff through mentorship roles
2. Foster a culture of continuous learning and improvement
3. Increase workforce flexibility during high-demand periods
4. Provide cost-effective support for operational needs