



Itinerary (Subject to change)

Name of the trip	Cook like a Chef
Chaperones	Karin Karafotas, Sandra Fleischhansova, John Crane
Chaperone's cell phone	420 720 825 880
Departure & Return	<p>Monday Sept. 15 Meeting at the Vltavska metro stop @8:30</p> <p>Tuesday Sept. 16th Meet at Cooking Studio @8:55</p> <p>Wed. Sept. 17th Meet at Cooking Studio @8:55</p> <p>Thurs. Sept. 18th Meet at Cooking Studio @8:55</p> <p>Fri. Sept. 19th Meet at Cooking Studio @8:55</p>
Information details	<p>Cooking studio ChefParade - Holešovice Bubenské nábř. 306/13, budova 36, 170 00 Praha 7 - Holešovice +420 734 157 911 info@chefparade.cz https://www.chefparade.cz/</p>
Transportation	Public Transportation (Please bring your own tickets or Litacka)

Contact Numbers

24 hours

In an emergency, please contact

Calley Connelly: Director	+420 720 868 717
Dr. Eric Sturm: US Principal	+420 220 384 192
Anthony Hennelly - Activities Director	+420 722 980 386
Raina Smith - WWW Coordinator	+420 607 076 259

The students will be very busy and we ask that you **not call the hotel or the chaperons directly**. The chaperons will regularly be calling ISP to check in.



What to bring?

- Copy of passport (any other ID) and copy of insurance card
- Water bottle
- Camera (optional)
- Snacks (drinks are included)
- Clothes suitable for cooking activities (remember, they can get dirty etc.)
- Required medication in a separate bag with instructions and dosages clearly marked
- Tickets for public transportation or Litacka
- The studio will give you an apron, you do not need to bring your own
- Hair tie or rubber band for long hair

Monday (September 15)

08:30	Meeting at the Vltavska metro stop
09:00	Introduction + Expectations
Menu	<p>Culinary skills workshop - Tips & Tricks & Techniques</p> <p>Retro Czech cuisine Classic Czech Potato Soup Chicken with paprika creamy sauce & carlsbad dumplings Cottage cheese fruit dumplings</p>
14:00	Afternoon program - food shopping, games, Friday planning
14:45	Dismissal at 14:45 from the cooking studio

Tuesday (September 16)

08:55	Meeting at the Cooking Studio
09:00	Introduction + Expectations
Menu	<p>Culinary skills workshop - Tips & Tricks & Techniques</p> <p>Asian cuisine Summer rolls with cashew sauce Pad thai with chicken or tofu Mango sticky rice</p>
14:00	Afternoon program - food shopping, games, Friday planning
14:45	Dismissal at 14:45 from the cooking studio

Wednesday (September 17)

08:55	Meeting at the Cooking Studio
09:00	Introduction + Expectations
Menu	<p>Culinary skills workshop - Tips & Tricks & Techniques</p> <p>Italian/Mediterranean</p>



	Quiche lorraine Homemade ravioli with ricotta and spinach Homemade tiramisu
14:00	Afternoon program - food shopping, games, Friday planning
14:45	Dismissal at 14:45 from the cooking studio

Thursday (September 18)

08:55	Meeting at the Cooking Studio
09:00	Introduction + Expectations
Menu	Culinary skills workshop - Tips & Tricks & Techniques Affordable Simple & Healthy Meals/ Easy cooking Minestrone soup Couscous and pasta salads Vegetable fritters with dip (zucchini, cauliflower) Mug Cake
14:00	Afternoon program - Big Grocery Shopping/Ingredient planning + prep for Friday
14:45	Dismissal at 14:45 from the cooking studio

Friday (September 19)

08:55	Meeting at the Cooking Studio
09:00	Cooking for the Woman's Shelter "Šatník" – students will lead meal preparation. Meals will be packed in takeaway containers
13:00	Food prep, move & distribution at NGO
14:45	Dismissal at 14:45 from the cooking studio