

Trip Report .

We arrived in [Shanghai](#) in mid afternoon on 15/03 and checked into Marriot Hotel . The hotel is near the famous pedestrian shopping street—**Guanqian Street** Road . We had dinner at the Marriott canteen which was good not great.

On 16/10 we met our guide Peter. He helped us exchange our euros, then we visited the “old city”, Shilu Gardens, which were beautiful, then by subway back to our hotel. Melody was a good guide, with great English and he took us to some very interesting sites.

On Friday, we walked over to People’s Park, where we went to the Shanghai Museum, the Bund, and the Urban Planning institute (also in People’s Park), which has a huge walk around diorama of the proposed “Future Shanghai”.

Saturday, 18/03 after breakfast at the Marriot canteen we met our guide Chef Stephano, Chef Stevev and Vivien . They showed us around the Hotel and give us information about our study training .

On Sunday, after another breakfast, we drove with Peter to the shopping moll ,He recommended the town as the best of several which we could have visited.

Monday morning, an early we started working into three groups Marrine went to work at Italian restaurant, Vivi worked at Bistro and i worked at Asian restaurant which

was very busy always. Our shifts was divided into two categories which is Morning shift and Evening shift, so i was doing both of those shifts.

I had two days off and sometime one day off depending of how busy of the week but was fine to me. Big problem was our food in canteen was not good so almost everyday we were buying food outside the Hotel which it cost a lot of money.

Almost all my workmate was happy with me because somehow they like to learn how to speak English and i was teaching them and me too using advantage to learn to speak Chinese language but only the Head Chef Stephano was more than a rude person, all workers didn't like him because his bad way of embarrassing workers in front of customers.

Always morning we had 300-500 guest for breakfast, lunch and dinner and i have participate prepare and cooking all the portion according to the order with good cooperation with my workmate.

In the kitchen i have learned how to cook Deferent kind of food, making Missal, cleaning, to use recipe and all spices.

Here are some of my daily activities which I was doing

CHOICE OF EGGS 可选蛋品

Poached	水波蛋
Sunny Side Up	单面煎蛋
Over Easy	双面煎蛋
Over Hara	双面硬煎蛋
Scrambled Eggs	炒鸡蛋



**GOOD MORNING !
OMELET STATION**

OMELET 蛋卷特供

Egg White	蛋白卷
Omelet - Suzhou Style	姑苏蛋卷
Classic Ham & Aged Cheddar	经典火腿和陈年切达芝士蛋卷

Or choose a farm fresh egg omelet from the following ingredients
或可选以下配料搭配现烹蛋卷

Onions, Peppers, Spinach, Mushrooms, Tomatoes, Bacon, Ham, Smoked Salmon, Mozzarella Cheese, Parmesan Cheese, Aged Cheddar Cheese	洋葱、甜椒、菠菜、 菌菇、蕃茄、 培根、火腿、烟熏三文鱼、 马苏里拉芝士、 帕玛森芝士和 陈年切达芝士
--	--

















