S.O.T. SYSTEMS OF TIMOR

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Rua de Ai Meti Laran, Comoro, Dom Aleixo, Dili

JOB PROFILE

Cook

Te'in-na'in (kozineiru)

Hospitality & tourism · ISCO-08 5120

Cooks plan, prepare and cook meals in hotels, restaurants, cafés, canteens, on ships and in private homes. Employers in Timor-Leste say cooks are among the hardest people to find.

TRAIN IN TIMOR	**Certificate II–IV** INDMO national certificates
COURSE LENGTH	**To confirm** No published source yet
IN TIMOR	**Hard to fill** Enterprise survey 2022
ABROAD	**Australia · PALM** Hospitality training before departure
PAY IN TIMOR	**US$200 / month** Average for all service & sales workers in Timor-Leste, not this job alone (Labour Force Survey 2021)

WHAT YOU DO

Plan and order: Plan menus and portion sizes; Check what is in stock and order ingredients; Work out how much food to prepare for each service.

Prepare and cook: Wash, cut, season and marinate food; Cook on the stove, in the oven and on the grill; Follow recipes, Timorese and international.

Keep food safe: Check that food is fresh and stored at the right temperature; Keep the kitchen, tools and equipment clean; Follow hygiene rules every shift.

Work as a team: Plate dishes so they look good; Work fast with kitchen hands and waiters during busy service; Show new staff how things are done.

Based on the ILO description of ISCO-08 unit group 5120, Cooks.

WHERE YOU WORK

Hotels & guesthouses (Breakfast, lunch and dinner service); Restaurants & cafés (Lunch and dinner service); Canteens (Schools, hospitals, offices, camps); Ships & private homes (Also listed by the ILO).

Kitchens are hot and busy. You stand most of the day, and shifts often start early, end late, and include weekends and holidays.

Hotels and restaurants in Timor-Leste also hire cooks from abroad: 116 foreign cooks held work permits in 2017. That is work a trained Timorese cook can take.

IS IT FOR ME?

You are good at: Working fast under pressure, Keeping things clean, Teamwork, Standing for long hours, Basic maths for portions.

You like: Food and tasting, Working with your hands, Making people happy, A busy place.

English helps in hotels and is needed to work abroad.

TRAIN FOR IT IN TIMOR-LESTE

- **Certificate II in Food Production** · INDMO national certificate
- **Certificate III in Food Preparation** · INDMO national certificate
- **Certificate IV in Food Preparation** · INDMO national certificate
- **Técnico de Alimentação e Bebidas** · Technical secondary school course (ESTV)
- **CNFP Becora, Dili** · Teaches cooking and bakery. Certificate level to confirm.

Course length and fees: to confirm with INDMO and each centre. The directory never shows a number without a source.

WHERE IT LEADS

- **Kitchen hand** · Entry job; Certificate I in General Hospitality (ISCO 9412)
- **Cook** · Certificate II, then III
- **Chef or kitchen manager** · Certificate IV in Food Preparation (ISCO 3434)
- **Your own café, catering or food business** · Startups of Timor helps you start one

WORK ABROAD, SAFELY

- **Australia: Pacific Australia Labour Mobility** · PALM recruits Timorese workers for hospitality. Workers are trained in hospitality and housekeeping before they leave. One aged-care provider that recruits from Timor-Leste says it has also hired kitchen staff. Employers must pay at least the Australian award rate.

Never pay a fixer. Join only through SEFOPE, the Timor-Leste government office for work abroad. No one can sell you a place, and a real overseas job never asks you for a recruitment fee.

SOURCES

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From the Servisu jobs directory. Every figure has a source; "to confirm" means none yet. http://servisu.oftimor.com/jobs-directory/cook/?lang=en