S.O.T. SYSTEMS OF TIMOR

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

JOB PROFILE

Kitchen hand

Ajudante kozinha

Hospitality & tourism · ISCO-08 9412

Kitchen hands wash dishes, clean the kitchen, prepare ingredients and help cooks and chefs. The national Certificate I in General Hospitality is a first step into this work.

TRAIN IN TIMOR	**Certificate I** INDMO national certificate
COURSE LENGTH	**To confirm** No published source yet
IN TIMOR	**To confirm** No published demand data yet
ABROAD	**Australia · PALM** Hospitality training before departure
PAY IN TIMOR	**US$164 / month** Average for all workers in elementary jobs in Timor-Leste, not this job alone (Labour Force Survey 2021)

WHAT YOU DO

Clean: Clean the kitchen, food preparation areas and service areas; Wash dishes, pots and cooking tools and put them away; Clear the tables.

Help the cooks: Wash, peel, chop and cut vegetables and other ingredients; Measure and mix ingredients; Put dishes together for service.

Look after supplies: Unpack and check deliveries; Weigh supplies and move them where they belong; Store food in fridges, cupboards and store rooms.

Simple cooking: Prepare, cook, toast and heat simple food; Follow hygiene rules every shift; Watch and learn from the cooks.

Based on the ILO description of ISCO-08 unit group 9412, Kitchen helpers.

WHERE YOU WORK

Hotels & guesthouses (Breakfast, lunch and dinner service); Restaurants & cafés (Lunch and dinner service); Canteens (Schools, hospitals, offices, camps); Aged-care homes abroad (Australia, through PALM).

The work is fast and physical. Kitchens are hot and floors can be wet. Shifts often start early or end late, and include weekends.

It is a way into the kitchen. You learn by watching the cooks, and with training you can become a cook yourself.

IS IT FOR ME?

You are good at: Working fast, Keeping things clean, Following instructions, Standing for long hours, Teamwork.

You like: Food and cooking, Working with your hands, Learning new things, A busy place.

English helps in hotels and is needed to work abroad.

TRAIN FOR IT IN TIMOR-LESTE

- **Certificate I in General Hospitality** · INDMO national certificate

Course length, fees and where it is taught: to confirm with INDMO. The directory never shows a number without a source.

WHERE IT LEADS

- **Kitchen hand** · Entry job; Certificate I in General Hospitality
- **Cook** · Certificate II in Food Production, then III in Food Preparation (ISCO 5120)
- **Chef or kitchen manager** · Certificate IV in Food Preparation (ISCO 3434)

WORK ABROAD, SAFELY

- **Australia: Pacific Australia Labour Mobility** · PALM fills jobs in Australia in sectors that include hospitality and aged care. Timorese candidates 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. How many kitchen hand jobs PALM offers: to confirm. 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

1. ILO, ISCO-08 unit group 9412 Kitchen helpers https://www.ilo.org/public/english/bureau/stat/isco/isco08/
2. APTC, Timor-Leste Skills Strategy 2022, Annex I (INDMO qualification titles) https://24045200.fs1.hubspotusercontent-na1.net/hubfs/24045200/Files/Timor-Leste%20Skills%20Strategy%202023.pdf
3. Australian Embassy Dili, PALM training scale-up (hospitality, housekeeping), 22 Aug 2025 https://timorleste.embassy.gov.au/dili/mr22082025.html
4. Territory Q, Timorese aged-care and kitchen staff in the NT, 1 Jul 2026 https://territoryq.com.au/caring-hands-from-across-the-sea/
5. PALM Approved Employer Guidelines v2.1 (pay at the award rate), 27 Mar 2026 https://www.palmscheme.gov.au/sites/default/files/2026-03/PALM%20scheme%20Approved%20Employer%20Guidelines%20v2.1.pdf
6. Labour Force Survey 2021, Table 29: average monthly wage of employees by occupation group https://www.ilo.org/sites/default/files/wcmsp5/groups/public/%40asia/%40ro-bangkok/%40ilo-jakarta/documents/publication/wcms_863064.pdf

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