

Galley Crumbs: Top 5 Pre-Retirement Options For Superyacht Chefs

Preparing Your Exit from the Superyacht Industry... We all understand that working as a superyacht chef is a demanding and taxing profession. Equally, we recognise that all good things (even those that don't feel good at the time) must eventually come to an end. And so must your superyacht career. On average, based purely on my personal experience, the typical yacht chef spends 10 to 15 years on board before transitioning to a more stable life ashore.

What are your end goals or exit strategy options, you may wonder? Well, there are a few obvious ones, and some that are not so apparent. Join [Montclair Chef](#) as they dive into the afterworld of yachting for chefs in their monthly **Galley Crumbs** blog.

What can I do when I grow up? This is the question every yacht chef has asked themselves at least 12 or 13 times, last year only...

As mentioned in many of my other articles – being a chef is hard – being a yacht chef is harder – and being a successful yacht chef is the hardest. Now, after you've spent countless short nights aboard your floating "golden prison", what can you do with your life apart from sitting on a beach somewhere in Bali or Costa Rica eating and drinking your savings away? Well, you'll most likely continue cooking because this is what you enjoy the most, and you'll be doing it because it's what

you know and do best.



So, here is my top 5 pre-retirement or post-yachting options for yacht chefs once they've had enough of the luxury lifestyle:

1 – Become A Private Chef For A Family – Duh!

The most apparent choice after working for a UHNW family onboard their superyacht is to inquire if they need a chef at their personal home. This would be the most logical option for you, the superyacht chef. I know a few chefs who have made the smooth transition to a shore-based private chef position for the principals they were employed by, and they haven't looked back. They retain (most of) the comfortable income, they know

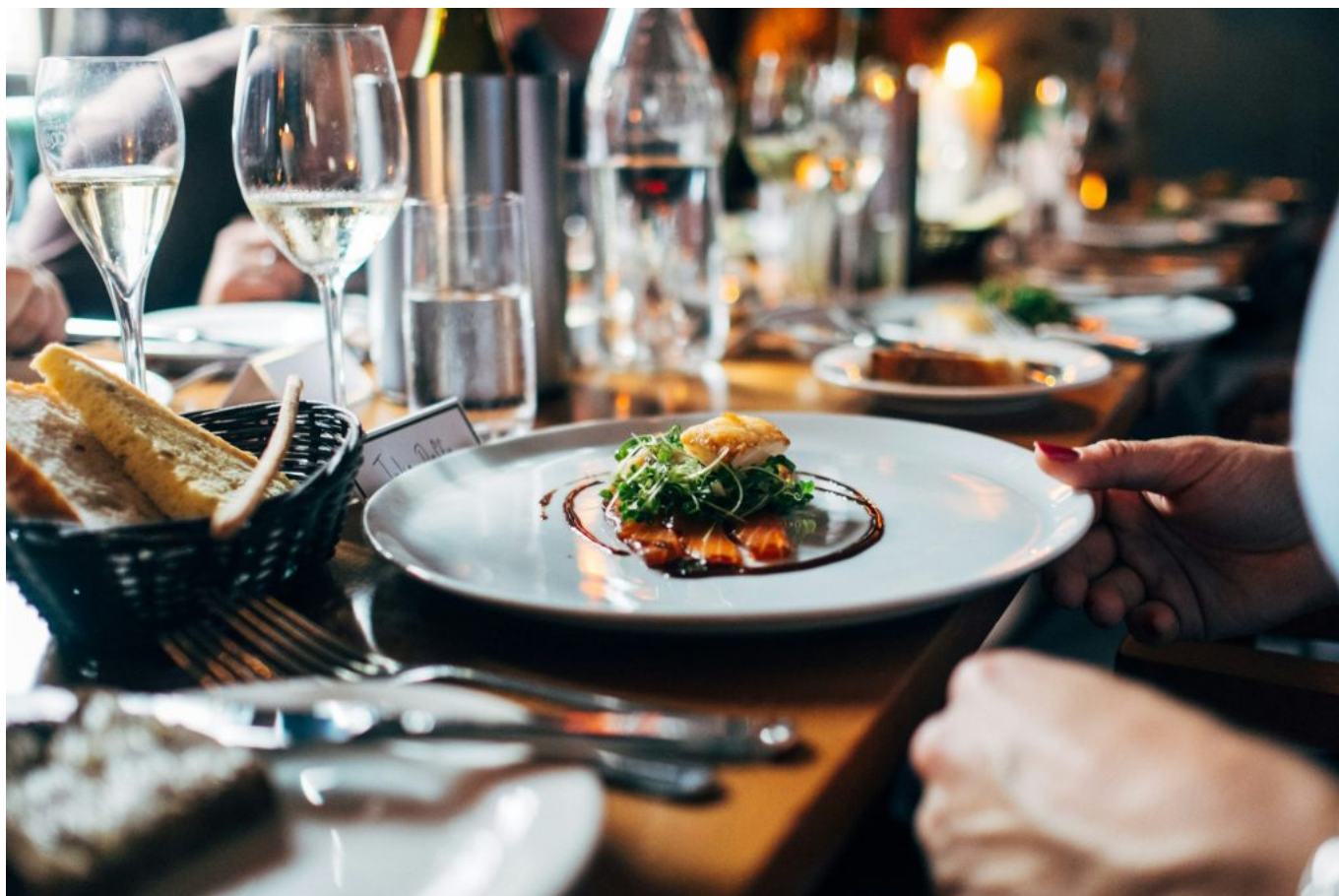
whom they are cooking for, and, cherry on top, they get to go home to their very own family after their shift. What more could you ask for?

This is obviously great if you happen to live in the same country as the yacht owners, but as we both know, this is rarely the case. So, unless you are willing to relocate, this option might not be feasible for most of us. Also, a little caveat: your “owners” might already have a great chef back home and may not be looking for an extra set of hands to take care of their cooking needs at their domicile. Sorry about that!

2 – Open Your Own Restaurant

Why don't you open your own restaurant? That's what most of your friends and family will tell you. And I'm going to let you in on a little secret: I've done it, and it was as successful as you could imagine, and as stressful as you can also imagine... Long story short, it was an incredible experience, one that I will never forget, but at the end of the day, it wasn't what I saw myself doing forever.

The constraints of the set menu and the pressure to deliver to hundreds of online TripAdvisor critics out there were very overwhelming. Even though my partner and I successfully sold the restaurant to a young and ambitious couple, it was really hard work and it did put a strain on our relationship. But we did create an incredible little spot for food and wine lovers that, to this day, people talk about and wish we would start again.



3 – Open Your Catering Company & Offer Private Chef Services

This is a route that I haven't taken, but my good friend Ross, an ex-yacht chef running Private Chef Mallorca (follow him on IG @PrivateChefMallorca) has taken it, and he gets to cook for some incredible people in incredible places, on the beautiful island of Mallorca in the Balearics, and sometimes even outside of Spain. Some of his regular clients even often fly him over to their private homes abroad to recreate some of his dishes they experienced while having him cook magical dishes here, in Mallorca.

This path could offer you the freedom to be your own boss and the continuation in your career to strengthen your skills as a private chef. This isn't something for everyone but if you are

resilient and are serious about continuing your cooking career in the private industry, this could be something to consider.

4 – Invest in Real Estate & Live off of Your Passive Income

If you have been employed on superyachts for a mere 15 years, you have most likely earned over 1 Million bucks in gross income (below is a breakdown of how I came up to this extravagant amount), and if you have kept a low profile and a strict budget, you should have saved, after taxes (Yes, you most likely owe taxes somewhere), at least 80% of your generated income, or over €370k (I sure didn't! ☺).

Breakdown of 15 years of earning onboard:

- 5 years at €5.5k average monthly salary, working 10 months per year = €275k
- 5 years at €7k average salary per month, working 10 months per year = €350k
- 5 years at €8.5k average salary per month, working 10 months per year = €425k
- Total of €1.05 Million before tax.

The worldwide income tax average on such a high amount is about 55%, so you'd be left with 570k minus your crazy living expenses and good times, estimated @ 40% = €472k of savings, Net in the bank.

€370k gives you access to the option to purchase a couple of properties in a sunny location such as Costa Rica or Mexico, and the rental income generated by them could be sufficient for a frugal lifestyle in Central America. Something that wouldn't give you access to the latest Apple products you are currently used to, but would definitely cover basic housing

expenses and put food on the table. But forget about trying out fancy new Michelin star places without doing a couple of weeks freelance work onboard your mate's yacht!

5 – Open A Yachting Recruitment Agency:

Starting your own yachting recruitment agency may seem like a nice venture, and it isn't a new concept. I've been running my own agency for over 18 months. Despite what you might think, this endeavor is neither straightforward nor a quick path to wealth. Contrary to expectations, the work involved is extensive and challenging (feel free to start your agency, and I'd be glad to offer guidance). The progress in platforms like "Yotspot" has significantly altered the recruitment landscape. Many superyachts turn to such platforms for their recruitment needs due to the speed and cost-efficiency they offer, providing access to hundreds of CVs rapidly at a fraction of the cost of traditional agencies.

However, the downside is to rely on the accuracy of the information presented in these 100s of CVs you'd be getting and the necessity of sifting through them on your own... If you're a Captain and you want to kill time and prefer a more hands-on approach, why not manage the recruitment process yourself?

If you're drawn to the personal aspect of the business and enjoy lengthy conversations with candidates, then managing a recruitment agency could align with your interests. Yet, temper your expectations my friends: achieving a salary comparable to even an entry level yachting income might take years, if it even happens, involving countless hours of back and forth communication, numerous job postings, and facing the

reality that clients may bypass your services for platforms like Yotspot or simply and clearly ghost you, because well.. Because they can and because they don't actually pay you for the services until and only if they hire someone.

This insight isn't a complaint but a candid reflection of the challenges in recruitment, particularly for chefs. The industry's realities are often different from our perceptions.



Conclusion

“You miss 100% of the shots you don’t take”

There isn’t a one-size-fits-all when it comes to superyacht chef retirements or the “after-Yachting life”, but if there was only one piece of advice I could give to a chef thinking about their exit from this awesome industry, it is this: plan your exit REALLY WELL. Plan every step carefully, budget your future costs and expenses well, and take the leap of faith! If done properly, you won’t regret it; you will only regret not doing anything.

Remember, **You miss 100% of the shots you don’t take**, so go ahead and start that new business venture you have always dreamed of and trust your gut. But do so in a clever way and make sure you have enough financial resources to cover your launch costs, your cash flow, AND keep a safety cushion (aka: a few months of income if things hit the fan, and they might just do that).

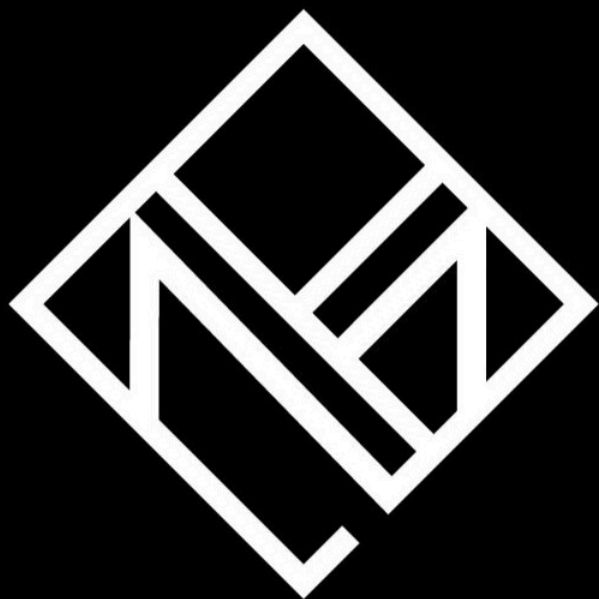
Life is short, and you are a chef, so there’s no way you won’t find another job anywhere in the world.

Good luck, chef!

Montclair Chef specialises in Yacht Crew and Private Chef recruitment globally.

Connect with **Chris Demaillet** on LinkedIn
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An Inside Look At The 2024 Superyacht Chef Competition

On Thursday 4th April, the Principality of Monaco was the setting for the 2024 Superyacht Chef Competition and Superyacht Content was there to follow the action. Organised as part of the collective approach 'Monaco, Capital of Advanced Yachting', this prestigious yearly event showcases the talents of yacht chefs aboard some of the world's most notable vessels.

Bluewater's Director of Training, John Wyborn, expressed his enthusiasm for the annual competition. "This event is a thrilling experience for everyone involved, with Michelin-star judges overseeing the competition among talented yacht chefs. Bluewater has been in the industry for 33 years, and this competition highlights the great strides the industry has made since then, with exceptionally high standards expected from all crew members onboard. Bluewater takes pride in collaborating with the Monaco Yacht Club and La Belle Classe Academy to organise the 5th Superyacht Chef Competition."



Celebrating Excellence In Superyacht Gastronomy

The Superyacht Chef Competition is more than just a cooking contest; it's a spotlight for the creativity, innovation, skill, and the artistry of haute cuisine in the yachting world. Working under pressure in front of an audience of notable judges, crew, media and Monaco Yacht Club members, nine yacht chefs battled it out in an open kitchen with superb MC'ing by gastronomic journalist and presenter, Vincent Ferniot.

With over 30 years' experience in the yachting industry, Mark Cox, Director and Trainer at OceanWave Monaco who were a Sponsor, said the event is a testament to the growing recognition of superyacht chefs as gastronomic artists

committed to excellence. “OceanWave Monaco is thrilled to return as a Sponsor. We have our accomplished Trainer and Chef Duncan Biggs who has worked on board and shoreside for 25 years overseeing the produce being used and discarded as the ‘anti-waste’ judge. It’s brilliant to see some of the Chefs who have taken our Ships Cook Certificate Assessment have the confidence and skills to compete at this exceptional level.”

A Prestigious Jury

Supervised by Chef Joël Garault, President of Gouûts et Saveurs, the highly esteemed judges panel of professional chefs included three-star Chef Glenn Viel from Oustau de Baumanière and member of the Top Chef jury who acted as President of the Jury. Joining him was double Michelin star Chef Julien Roucheteau, Chef Fred Ramos, Chef Victoria Vallenilla and the 2023 Superyacht Chef Competition winner Chef Marco Tognon from M/Y Planet Nine.

Chef Danny Davies, host of ‘Behind the Line with Chef Danny Davies’ with over 30 years of experience on land and sea shared his insight from the judge’s table. “It’s an absolute honour to be invited here as a judge. It was a special experience to be a guest at a dinner the night prior to the competition with all the Jury and HSH Prince Albert II of Monaco. The standard of competition has been outstanding, all Chefs have really delivered with excellent technical knowledge and flavour.” In the future, Chef Danny will be setting sail as a guest Chef on board two Atlas Ocean Voyages cruises in the Caribbean and from London to Norway, and he is organising yacht chef competitions to be hosted during Fort Lauderdale International Boat Show and Palm Beach.



A Culinary Triumph

The intensity of the competition partly comes down to the mystery boxes of ingredients that are revealed – the audience is given one minute to choose an extra ingredient to supplement the boxes via QR code vote, adding to the surprise.

The fast-paced environment means that Chefs don't have the opportunity to research recipes or fall back on their signature dishes. Although there's a lot of behind-the-scenes planning to set up a pop-up kitchen, there's one thing the Superyacht Chef Competition doesn't compromise – the 40-minute time constraint for each round (50-minutes for the grand

final). After three rounds with three Chefs, and a lunch break, three finalists put their culinary skills to the test in an intense final.

Each contestant received an event medal and for the 'Audience Vote for Best Plates' the prizes went to Chef Margot Laurent from 43m M/Y Leonardo III and Chef Paulo Ucha Longhin from 50m M/Y Hercules.



And The Winner Was...

Chef Paulo Ucha Longhin emerged victorious as the overall champion, displaying a perfect balance of creativity, flavours and technique. His winning dishes were proof of his skilful

approach: Glazed lobster, hazelnut butter and bisque, a lemon tartare and caviar, followed by a dessert of mascarpone cream with cocoa and strawberry tartare with basil and lemon cream.

It was a touching moment to see him claim his winner's trophy with his young family by his side.

Second place on the day went to Ava Faulkner from 60m M/Y Light Holic – Ava grabbed attention from her first plate of the day crafted from the mystery box of black truffle, Côte de Bouef, Szechuan pepper and white truffle honey. Her rousing acceptance speech highlighted the importance of female Chefs in the superyacht industry, following with the bronze trophy being awarded to Mateusz Mitka from 63m M/Y Lady Britt.

Every year, the event evolves as an epicentre where new ideas and cooking skills are unveiled and celebrated. As yacht chefs explore new culinary innovation and methods, one thing is clear: amazing food will always be a core part of yachting life.



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Navigating Nutrition: Healthy Eating For The High Seas

Ahoy, mateys! Life on the open seas offers incredible experiences, but navigating the culinary world can sometimes feel like steering through uncharted waters. With the constant temptation of abundant buffets, overflowing crewmess cupboards stocked with sweet treats, and alluring afternoon tea breaks, maintaining a healthy diet at sea can be a challenge. This **Truth Wellness** guide serves as your compass for healthy, delicious, and energy-boosting eats, ensuring you tackle every adventure with gusto.



Dive Into The Oceanic Pantry: Stock Up For Smooth Sailing

Before setting sail, explore the local markets and provision your galley with an arsenal of nutritional bounty. Think seasonal fruits and vegetables, bursting with vitamins and minerals, and lean protein sources like fish (rich in omega-3s), chicken, and lentils. Don't forget shelf-stable staples like whole grains, nuts, and dried fruit for easy, on-the-go snacks. Did You Know? Marine superfoods like seaweed and algae are not just trendy, they're packed with essential nutrients, offering a taste of the ocean's wellness bounty!

Taming the Naughty Cupboard

Let's be honest, the crewmess can be a siren song for those seeking a sugar rush. While indulging in occasional treats is perfectly fine, remember that moderation is key. Opt for healthier alternatives stocked in the crewmess, like yogurt with berries and granola, or a handful of fresh fruit.

When Fatigue Strikes

We all know the feeling: long shifts, challenging weather, and the ever-present ocean can leave you craving comfort food. Instead of reaching for sugary snacks or chips, pack prepared, healthy snacks like:

- **Carrot sticks with hummus:** This classic combination is a great source of fiber and protein, keeping you feeling full and energized.
- **Trail mix:** Make your own mix with nuts, seeds, and dried fruit for a customizable and portable snack.
- **Hard-boiled eggs:** A convenient source of protein and healthy fats, perfect for on the-go energy.

Fun Fact: Coconut water isn't just a tropical trend, it's a natural hydrating elixir rich in electrolytes, perfect for replenishing after a sun-soaked day.



Navigating the Food Cycle

Life on a yacht often revolves around a set schedule of meal and snack breaks. While convenient, this structured routine can sometimes lead to unintentional overeating. Be mindful of your body's hunger cues and avoid mindlessly snacking just because it's "tea time."

- **Hydrate regularly:** Sometimes, thirst can be mistaken for hunger. Carry a reusable water bottle and sip throughout the day.
 - **Plan your meals and snacks:** Having a plan in place can help you avoid impulsive snacking and unhealthy choices.
-

Limited Control, Limitless Possibilities

While you may not control the menu entirely, you can still make healthy choices. Communicate with the chef about your dietary preferences and explore alternatives within the available options. Ask about cooking methods, choose smaller portions, and focus on nutrient-rich ingredients and fill your plate with fruits, vegetables, and whole grains to feel fuller for longer.



Embrace Mindful Munching

Transform mealtimes into sensory experiences by incorporating mindfulness. Savor the breathtaking ocean view, appreciate the

aroma and flavors of your meal, and chew thoughtfully. This practice fosters a healthy relationship with food, both at sea and on land.

Fasting on the High Seas

The structured meal schedule aboard might spark curiosity about intermittent fasting with your crewmates. While not for everyone, research suggests possible benefits like improved blood sugar control and increased energy levels. However, consulting your doctor or a registered dietitian is crucial before embarking on this journey together.

Crew Fasting Challenge:

If you're all open to the idea, consider collaboratively trying intermittent fasting as a team. This can create a sense of accountability and support, making the process more enjoyable and potentially more successful. Here are some key considerations for a crew fasting challenge:

- **Start small:** Begin with a manageable window like skipping breakfast and eating from lunch to dinner. Gradually adjust the duration as the crew adjusts.
- **Communicate and respect:** Openly discuss your goals with your crewmates and respect individual preferences. Not everyone may be interested or able to participate.
- **Support, not pressure:** Encourage and support crewmates, but avoid pressuring anyone who feels uncomfortable or experiences negative effects.
- **Listen to your bodies:** Pay close attention to your body's signals. If you experience fatigue, dizziness, or any other negative symptoms, break the fast and consult a doctor.

Remember, intermittent fasting is not a competition. Everyone's body reacts differently. Focus on creating a supportive environment where crewmates can explore their own wellness journey, fostering healthy habits and a sense of community on the open seas.

Nourishing Your Seafaring Soul

Life at sea invites adventure and exploration. Embrace a well-balanced and flavourful approach to food, and let healthy eating be your compass in navigating the vast ocean. Remember, you are what you fuel, so ensure you nourish your body and adventurous spirit with every delicious bite. Bon appétit, yachties! ☺☺☺

Article written by:



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Bluewater Announces The 2024 Superyacht Chef Competition – Everything You Need To Know

Bluewater is delighted to present the **2024 Superyacht Chef Competition**, in partnership with **Yacht Club de Monaco and La Belle Classe Academy**.

This is the 14th event for Bluewater and the 5th co-hosted with the talented team at Monaco Yacht Club. This event is unique in that it brings together yacht owners and yacht club members with their captains and crew, all cheering on their chefs!



The Rounds

The tension is palpable. The first three chefs are called for round 1, the mystery boxes are unveiled, the audience is given 60 seconds to choose an ingredient to add in, **Michelin starred Chef Glenn Viel** is watching over their shoulder, **gastronomic TV and radio presenter Vincent Farniot** is holding court getting ready to start the countdown of 40 minutes, the chefs are in the pantry perusing a wide range of luxury produce and exotic condiments from **Metro and Gourmet Deliveries**, all to add to the spectacular recipe they're working through in their heads...

Then we do it all again for two more rounds, with more mystery boxes, before heading into the grand finale after lunch.

2018: When It All Began

In 2018, Bulewater organised their first event with Monaco Yacht Club, which was **chaired by H.S.H. Prince Albert II** in the final round. It was a remarkable event!

This year, we have Chef Glenn VIEL, a three-star chef at the Oustau de Baumièr and a member of the Top Chef jury, joining us. **Chef Joël Garault, the president of Goûts et Saveurs**, will supervise the proceedings, and we will have **Chef Marco Tognon**, the 2023 winner, on the panel.

Additionally, **Chef Duncan Biggs from Ocean Wave Monaco** will oversee the produce being used and discarded as our 'anti-gaspillage' judge.

You can check out the full [jury line-up here](#).

Bluewater's Director and co-founder, Peter Bennett, commented:

'This event grows year on year along with the prestige which comes with it for those who compete and go on to win. Chef Marco Tognon is an exceptional chef and we're pleased to be welcoming him back as a jury member this year. As part of his prize for being crowned the 2023 Superyacht Chef Competition winner, he created a signature dish for the Monaco Yacht Club members at a special dinner on 14th March, working with the talented Yacht Club chefs. It was a fantastic evening and we're proud to have Marco on our ONE Account fleet with MY PLANET NINE'.

Bluewater's Director of Training, John Wyborn, expressed his enthusiasm for the annual chef competition:

'This event is a thrilling experience for everyone involved,

with Michelin-star judges overseeing the competition among talented yacht chefs. Bluewater has been in the industry for 33 years, and this competition highlights the great strides the industry has made since then, with exceptionally high standards expected from all crew members onboard. Bluewater takes pride in collaborating with the Monaco Yacht Club and La Belle Classe Academy to organize the 5th Superyacht Chef Competition’.

The Agenda

- **09.50-13.40:** Three rounds, each with three chefs.
 - **13.40-14.30:** Jury deliberation and lunch break. Food trucks will be available.
 - **14.00-17.00:** The Bluewater and GDT bar serving complimentary drinks.
 - **14.30:** Announce the three finalists! Straight into the grand finale.
 - **16.45-18:00:** Announce the winner. Unmissable prize-giving ceremony.
-

2024 Participants & Sponsors

If you would like further details on the event and the list of the chefs competing, please [click here](#).

Our **head of recruitment, Sharon Rose**, has confirmed the 9 participants this year with our friends at Monaco Yacht Club, but is remaining tight-lipped with any comments on front contenders! *‘The talent this year is exceptional, it’s going to be a tough one for the judges, and I can’t wait to see Marco Tognon sitting on the panel! It will be a fantastic day.*

If you would like to attend, **pre-registration is essential** to gain access.

The 2023 Trailer

Just a taste of what to expect!

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2024 Superyacht Chefs ' Competition At The MYBA

Charter Show. Theme, Dates & Where To Register!

Calling Superyacht chefs! The MYBA 2024 Superyacht Chefs' Competition is happening. Read on for more information, including the dates, theme, and where to register.



Dates & Location

The [MYBA Charter Show](#) is taking place from Monday April 22 to Thursday April 25 in Marina Molo Vecchio, Genoa.

However, the competition briefing for registered Chefs is at the Hospitality Lounge on Sunday 21st April.

Show program

You can access details of what's happening and when in the [program here!](#)

The Theme...

An Italian Fusion Dinner Party!

The task: Superyacht chefs must prepare an evening dinner party for charter guests FUSING Italian cuisine with the cuisine of another country of their choice. This can be likened to Nikkei cuisine – a fusion of Japanese and Peruvian. So, a combination of elements from a second country will have need to be included in each dish.

More information

For more details about the competition, including judging criteria and specific tasks, [access the pdf here!](#)

How to enter

Details on **how to register** for the 2024 Superyacht Chefs' Competition can be found on the [MYBA Show](#) website, Secure your spot as soon as you can!

To keep up to date with the latest Superyacht Content News, click [here](#).

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Galley Crumbs: 5 Essentials For Yacht Chefs To Boost Self-Care

Our monthly **Galley Crumbs** blog is back, courtesy of [Montclair Chef](#), the largest network of Superyacht chefs in the industry. Experienced Superyacht chef Chris Demaillet is here with *The Top 5 things to do for yacht Chefs to bolster Self-Care while “on Charter”*.

Chef, If you haven't started with these 5 simple daily habits, you'll regret it later!

Ah, the superyacht lifestyle. Sun-kissed days, exotic ports, and the thrill of crafting budget-less culinary masterpieces for the world's elite. But amidst the glamour and adrenaline rush, it's easy to neglect the most important ingredient: that's YOU. Long hours, demanding guests, and the constant pressure to impress can wear down even the most seasoned chef. So, how do we, the culinary geniuses of the seven seas, navigate the choppy waters of self-care and emerge refreshed and ready to conquer the next course? We do so by taking care of ourselves, and if we don't schedule this into our daily

plans, we likely won't take the time to take care of ourselves.



Schedule This Into Your Daily Plans

Here is a short list of tips and tricks you can easily implement in your daily guest-on schedule to be a better YOU and a nicer human and crew member altogether – I guarantee that setting these simple daily habits won't cut down on how much work you will have to do next season, but it will definitely help you feel better and more connected to yourself and your health.

Remember, even though you like to think you are, you are NOT a robot or a machine, you are a human being and we don't thrive in isolation and under pressure, we do so by learning to better deal with our environment and learn to listen to

ourselves and control our reactions.

Beside the most obvious and essential advice of scheduling a minimum of a 45 to 60 min for daily break. Yes, I said scheduling – and not taking it only if your schedule allows. You are also important and you need to respect and give yourself a break, literally! Take that time to step outside of your galley and disconnect from the buzz of your timer and to-do list.



Top 5 Suggestions

To help you get through your next season it can be helpful to suggest some easy to implement and proven systems to get you through the season in a better way, here my top 5 suggestions:

1 – It's just water

Remember that Michelin-starred energy ball humming beneath

your skin? That's your body, and if you want your body and brain to properly achieve all these things you have on your job list, you'll have to make sure you drink plenty of water, Your **brain** is almost $\frac{3}{4}$ water and it needs lubrication to fire off all those hormones, Dehydration can reduce concentration, alertness and cause irritability and depression, so ditch the sugary quick fixes that might seem like a fast-track to energy. Instead, hydrate with plain old water,, aiming for at least one liter per day (coffee and fizzy drinks do not count!).

2 – Nourish yourself and aim

Aim for 2 proper meals daily, bursting with the vibrant colors of fresh fruits and vegetables and your preferred lean protein. These aren't just meals, they're investments in your focus, stamina, and creativity, and even though it may seem like they don't really matter and all you need is a quick fix, they do count and are the key to a healthier more functional brain.

Remember, if you put the wrong type of fuel in your car, it won't work. Think of it as the same for your brain, so treat your "engine" right!

3 – Journal your journey

Journaling your thoughts and feelings for just three minutes, twice a day, can be an eye-opening exercise, revealing patterns and helping you manage stress by putting down on paper what your goals are for the day and acknowledging your success and challenges. Sometimes we are too busy to realize how great we did and what an amazing person we are for achieving so much in so little time, give yourself a high five!

4 – Connect with people

You're not alone onboard even if you may be a sole chef, you're part of a crew, a family. So, connect with your fellow crew members beyond the galley walls. Share stories, laugh together, and offer or receive support. Three to four times a day, step away from the stove and engage in meaningful conversations, even if it's just a couple of minutes each time to catch up. These connections are more than just social bonding, they're your lifeline to sanity and shared experiences. It may seem like I have totally lost my mind by suggesting that you should spend some of your precious time engaging in short conversations with your crew, but trust me when I say that it is very healthy and will help you process the fact that you are achieving so much. They will likely support the fact that you are really doing a great job and that you must be exhausted after delivering some much, and sometimes this is all we need, some compassion. If our world had more compassion, we would probably experience less stress and less fighting around us.

5 – Find your zen

In the whirlwind of a superyacht season, carving out "me time" might feel like trying to find a unicorn in Antarctica. But trust me, those stolen moments are lifesavers. Start small: 5 minutes of meditation on the bow or on the sundeck before the sun rises, guided by the gentle sway of the waves or by a selected Spotify meditation playlist. This seems like it is nothing, but au contraire, my friends, this is the start of everything. Once you notice the pattern of your brain being flooded by thoughts and emotions, you will realize that it is indeed busy up there and there is a big need for some sort of order. Not to say that you will control your thoughts but simply that you will start to acknowledge that they are there, popping up and passing, and that's fine. Remember: you are not your thoughts (i.e., you are NOT angry, but instead: you feel

anger!).

This short list is just a starting point, a compass on your self-care journey. You can also explore yoga on the bow, fitness routines using resistance bands or bodyweight workout programs or apps, those don't require any tools and can be done regularly, or why not trying guided sleep meditations to unwind after a crazy long day or start in between trips if times allows a short food photography class online, a few minutes at a time, and practice by capturing the beauty of your dishes (this will also be essential for your next job application, to be honest).



Final Words

As a chef, your standards are high, and that's what makes your creations sing. But sometimes, the pursuit of perfection can morph into a self-flagellating monster. Learn to say "enough." That menu is incredible; savor it, don't overwork it. Remember, you're not a team of Michelin-starred chefs, you're a one-person (or two-person) culinary powerhouse and you are being asked to be on top of your games for a huge variety of culinary styles and techniques , and that's enough and incredible on its own, trust your skills, and celebrate your achievements, and please, ask for help if you need it and can. There are too many proud people that don't ever ask for help. I was and am one of them on too many occasions, and once again, this isn't healthy. We all can take a little support in our endeavors.

Self-care isn't a chore, it's an adventure in discovering what makes you thrive. So, fellow yacht chefs, let's raise our (water) bottles to a life of epic culinary excellence and incredible personal well-being.

TOP 5 INGREDIENTS TO KEEP YOURSELF AFLOAT THIS SEASON

1. **1 x Liter per day:** Ditch sugary drinks and aim for 1+ liters of water daily. Coffee, diet coke, and redbull don't count.
2. **2 x colorful meals:** Fuel your body with at least 2 proper meals packed with fresh fruits, veggies, and lean protein. White/beige bread and pasta don't count as "colors" here, even though they are super attractive and convenient when stressed and busy.
3. **3 x minute Journal:** Reflect with 3-minute journaling

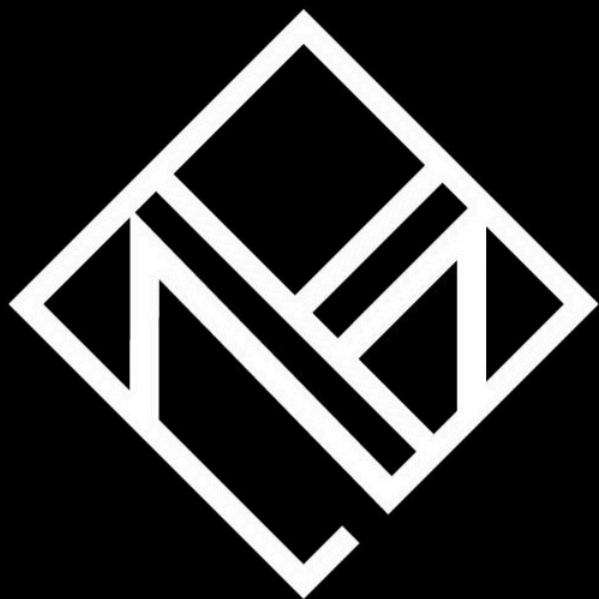
sessions twice a day. This is your chance to process thoughts and emotions and to reflect and be grateful for what you have.

4. **4 x conversations:** Step outside the galley for short chats 3 to 4 times a day.
5. **5 x min per day:** Meditate for 5 minutes before or after a busy day. This can be as simple as focusing on your breath and calming your mind.

Montclair Chef specialises in Yacht Crew and Private Chef recruitment globally.

Connect with **Chris Demaillet** on LinkedIn
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Galley Crumbs: Yacht Chefs Are Using ChatGPT & You Don't Even Realize It

Our monthly **Galley Crumbs** blog is back, courtesy of [Montclair Chef](#), the largest network of Superyacht chefs in the industry. Experienced Superyacht chef Chris Demaillet is here with *how to create a charter menu in 5 steps and 5 min using AI*. Imagine a kitchen sidekick that never takes a sick day, holds an encyclopedic knowledge of cuisines from around the world, and can remember your guests' food preferences quicker than you can say "mise en place."

While AI and ChatGPT are buzzwords in the press, did you know that as chefs, particularly as superyacht chefs, you can use these tools to craft fast menus for even the most demanding owners or charter guests? That's right – an AI sous-chef transforming your superyacht galley, granting you an extra hour of sleep!

You're probably wondering: "How can this be, and where can I get this AI sous-chef?" Read on, and I'll explain.



AI-generated image courtesy of Chris. Relax, robots aren't after your job (yet)!

“How Can ChatGPT Boost My Productivity?”

Now, you may think, “How does ChatGPT boost my kitchen productivity, knowing full well my laptop won't bake my gluten-free muffins for the guests (not yet, at least)?” While

it won't peel a carrot or make fajitas for the crew, it's a genius at whipping up innovative menus in record time!

This isn't just any recipe bot; it's a sophisticated language model tailored to create custom menus, considering allergies, dietary needs, and even your guests' unique taste quirks. Fancy a hint of Gordon Ramsay's genius or Noma's creativity in your dishes? ChatGPT can infuse your menus with elements from any culinary icon or eatery you admire. And if your guests want low-carb options or detest garlic, ChatGPT has you covered.

Here's The Secret To A Tailored Menu In 4 Steps & Under 5 Minutes

To use this hack, you'll need ChatGPT Plus (GPT-4), which costs less than 25€ a month – a worthwhile investment, in my opinion and if you are a yacht chef, you can afford it!

1. Subscribe to ChatGPT Plus and log in.
2. Access the ChatGPT "PDF reader" here: <https://chat.openai.com/g/g-QSh6KHL3S-pdf-reader> (If there's a hiccup, simply find a free PDF reader in the ChatGPT store).
3. Use the paperclip icon to upload your old PDF menu from your computer. You can also upload a long list of menus you've crafted for previous guests, all in one PDF. This helps the AI craft bespoke menus based on your unique culinary style and past creations.
4. Modify the following prompt to suit your specific needs – change the duration, guest count, dietary preferences, dislikes, favorite chefs, or any special requests. Copy & paste in ChatGPT's text box and hit "Enter".



AI-generated image courtesy of Chris. You can relax now...

My Magic Prompt

“Craft a 7-day modern menu for 12 guests favoring nutritious, vegan, and gluten-free cooked breakfasts. Include a buffet-style lunch with 5-6 dishes, a light dessert, two options of hand-held canapés each evening, and a three-course plated dinner low in carbs and high in protein. Cater to guests

avoiding garlic or Indian flavors. Draw inspiration from the provided PDF menus and include dishes influenced by Chef Ottolenghi, with one dinner inspired by Chef Nobu.”

Step 5 is complete. Voilà!

You now have a 7-day menu tailored to your guests and based on their dietary requirements, allergies, and food preferences. Of course, it's essential to review it and make any necessary adjustments before printing and giving it to the chief stew to present to your charter guests. This AI-powered tool provides you with a head start on menu creation and is an incredible aid in making your chef's life easier, but please, **make sure to read and correct the results.**

Saving Time

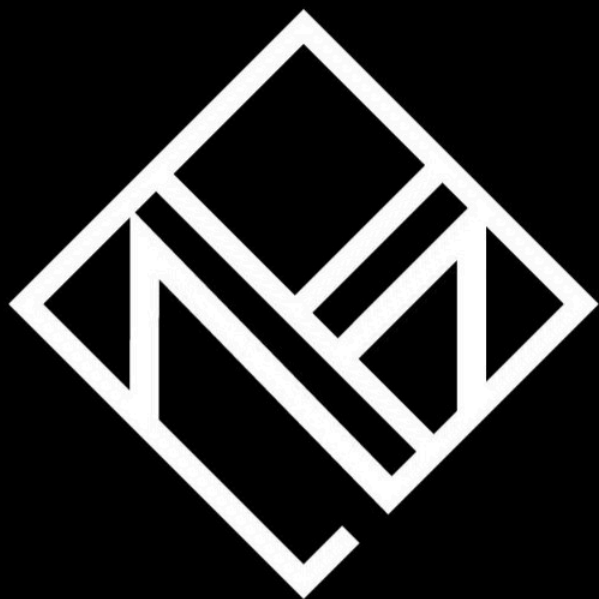
This tool can save you time if and when used right. It's not perfect, but it makes you more efficient. The AI's menu is a good starting point for your next 7-day charter, mixing your past menus into a draft you can quickly work on to get the perfect menu. But you'll still need to cook – I'd say, keep your sous chef for now.

You're welcome. Happy prompting, chefs!

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Galley Crumbs: Top 7 Short Courses For Busy Yacht Chefs

Arguably, the focal point of any great guest experience onboard a Superyacht revolves heavily around what is produced in the galley, and the highlight of the working day for most yacht crew is typically meal times! Therefore, we wanted to recognise the hard work of Superyacht chefs by bringing you our chef focused monthly blogs, courtesy of [Montclair Chef](#), the largest network of Superyacht chefs in the industry.

In this new **Galley Crumbs** series, highly experienced Superyacht chef Chris Demaillet talks all things galley, starting with the best short professional courses for busy yacht chefs...



The Top 7 Short Professional Courses For Busy Yacht Chefs In Europe

Chefs, the season is almost coming to an end!

Many of us are either planning our holidays or mapping out our next professional move. But most of us are also thinking about what professional courses or short classes we could take to level up our skills and get familiar with the latest trends. After all, working alone, or in a 2-chef team, doesn't really allow us much time for inspiration, and as we all know, there is not much time for experimentation during the season.

I keep seeing the same question asked over and over on chefs' chats and Facebook pages: "What is the best pastry school in Europe?" Well, you're in luck! I did a bit of digging and put together an easy-to-read list of the best places to improve your skills in Europe. These schools have all been tested and approved by fellow yacht chefs, and many of them by me too.

Here is the full list, with web links to the schools, basic prices, and the length of the classes. You can just copy and paste the one you fancy and send it straight to your captain to get the green light and book the course!

ENSP École Nationale Supérieur de la Pâtisserie (by Alain Ducasse)

Rating: □□□□□

Location: Near Lyon, France.

Available Courses: French Cuisine, Michelin Star Dishes, Themed Menu, Fish & Seafood, Traditional and Innovative Pastry, Healthy Pastry, Ice Cream, Chocolate, French Confectionery, Bakery, etc.

The ENSP École Nationale Supérieur de la Pâtisserie is a world-renowned pastry school, overseen by Alain Ducasse who is one of the most celebrated chefs in the world. The school offers a variety of short courses for professional chefs, as well as longer programs for those who want to pursue a career in pastry. The ENSP is a great option for chefs who want to learn from the best and gain the skills they need to succeed in the pastry world.



École Ferrandi Paris

Rating: ☐☐☐☐☐

Location: Paris, France.

Available courses: [French Cuisine](#), [Pastry](#), [Bread Baking](#).

Starting from €3000 for 2 weeks.

Overall, Ferrandi Paris is a great school for those who are serious about their career in the culinary world. The program is rigorous, but it is also very comprehensive and prepares students for success in the real world. The faculty is excellent, the facilities are state-of-the-art, and the school has a strong reputation for academic excellence. However, the program is quite expensive and the city of Paris can be pricey to live in – but since the school is located in the very center of Paris, this is a great place to make the best of both worlds: studying and discovering the Parisian scene.



École Bellouet Conseil

Rating: ☐☐☐☐☐

Location: Paris, France.

Available Courses: Pastry, Bread, French Patisserie, Ice Cream, Chocolate, etc. Starting From €985 for 2 days.

École Bellouet Conseil is a smaller culinary school in Paris that offers a more intimate learning experience. Some experienced chefs proudly wear the blue-white-red collared jacket to represent their title of “France’s Best Craftsman”. Bellouet Conseil is a great option if you want to learn from the best pastry chefs in the world in a small group. École Bellouet Conseil is located in the heart of Paris, only 10 minutes from the Eiffel tower.



École Lenotre

Rating: ☐☐☐☐

Location: Plaisir, France.

Available Courses: Pastry, Bread, Charcuterie, French cuisine, Patisserie, Ice cream, Chocolate, etc. Starting from €976 for

2 days. Click on their website course calendar to find out all availabilities.

École Lenôtre is a French culinary school, founded in 1971 by Gaston Lenôtre. The school offers a variety of programs, including culinary arts, pastry arts, and wine and beverage studies. École Lenôtre is considered to be one of the top culinary schools in the world, and its graduates go on to work in some of the most prestigious restaurants and hotels around the globe.

Today they are located in the suburban area of Paris, in a building that looks more like a warehouse than a fancy school. But they do offer a wide range of short courses for professional chefs, as well as longer 12-week programs. The courses are taught by very experienced and active professional chefs and cover a variety of topics. École Lenotre is a great option if you want to brush up on your skills or learn new techniques while avoiding expensive Parisian costs of living. Located 30 minutes from Paris Orly Airport, it is very easy to reach.



El Mon' Dolce de Claudia

Rating: □□□□

Location: Barcelona, Spain.

Available Courses: Pastry, French Patisserie, Ice Cream, Chocolate, Modern Pastry, etc. Starting from €900 for 2 days.

El Mon' Dolce de Claudia is a great option for chefs who are looking for a more intimate and personalized learning experience. The premises are located about a 20-minute taxi ride from the famous avenue La Rambla. Claudia Planas, a pastry chef with over 20 years of experience, owns and operates the school. The courses are easy to follow, with only 10 students per class. This allows for a lot of individual attention from Claudia and her team of experienced pastry chefs. The courses cover a wide range of topics, from classic French pastries to modern trends. And who doesn't like to spend some time in Barcelona? There are more restaurants and bars here than there are pizzerias in Napoli ☐



Gastronomic International Culinary Academy

Rating: ☐☐☐☐

Location: Agde, France (2.5 hours from Marseille).

Available Courses: Pastry and Cooking Workshops, Molecular Techniques, Canapes, Chocolate, Sugar Showpiece, Macarons, etc. Starting from €100 for a half-day lesson.

Gastronomic is an international culinary school founded in 2004. The campus offers cooking and pastry classes, and also French lessons in a charming town in the south of France. Their programs are intended for both professionals and beginners who want to improve their skills in French cooking or pastry. All of the cooking and pastry courses are conducted in English. They have special short courses of 1 or 2 days for professional chefs as well as longer 2-to-3-month-long

courses, or even 7-or-12 month-long programs that include an internship at the end! You can even get a course that includes some French lessons if you're interested.



Basque Culinary Center, Spain

Rating: ☐☐☐☐

Location: San Sebastian, Spain.

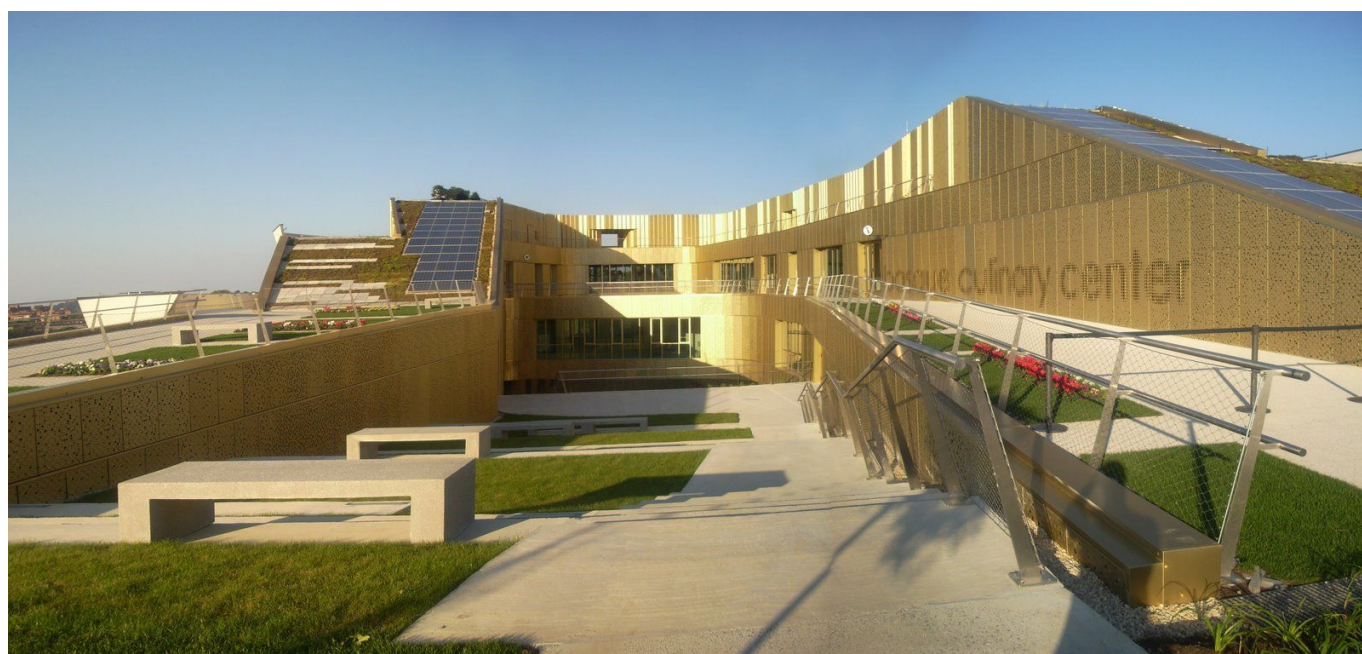
Available Courses: Pastry, Plating and Presentation, Modern Techniques, Fermentations, etc. Starting from €705 for 4+ days. Online courses available.

Founded in 2009 by a group of chefs and entrepreneurs from the Basque Country, the Basque Culinary Center is a cutting-edge culinary school. The school is located in San Sebastián, which is considered to be one of the culinary capitals of the world.

They offer a variety of short courses for professional chefs,

as well as longer programs for those who want to pursue a career in the culinary arts. Some of the best chefs in Spain teach the courses. The school is known for its innovative approach to teaching that includes many different online courses.

The BCC is also home to a number of research and development facilities, used to develop new culinary techniques and products. The school actively promotes Basque cuisine around the world. San Sebastain and the Spanish Basque country is also a must-see place for any serious chefs out there. The food (especially the seafood they prepare) is some of the best in Europe. And go to Galicia if you are there – you won't regret it!



Final thoughts

With a perfect 5-star rating, the ENSP by Alain Ducasse, Belouet Conseil, and École Ferrandi in Paris are the top 3 best schools on the list. These schools are both highly respected and their excellent chefs offer a wide range of

courses.

But don't get me wrong – the other schools are great options, though they may not be as well-known as the top 3. For a more affordable option, Gastronomicom International Culinary Academy, El Mon' Dolce de Claudia, or Basque Culinary Center are good choices. My favorite based on all the videos and photos posted on their socials would have to be: El Mon' Dolce de Claudia!

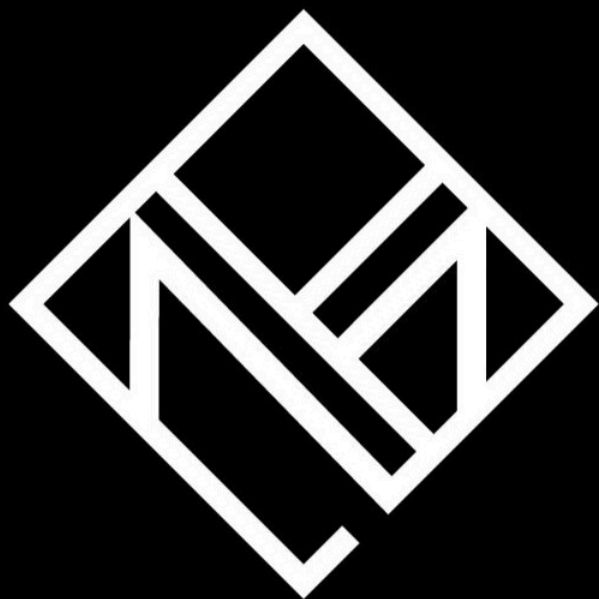
Ultimately, not everyone wants to go to Ducasse and can actually afford it. Your best school will depend on your availability, the price you are ready to pay (or get reimbursed for), and the topic you want to explore.

Good luck to all, and I hope you get to try some of the schools. If there are any schools you feel I have missed, hit me on Instagram at [@superyachtchefchris](https://www.instagram.com/superyachtchefchris).

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Watch: Our Interviews With The Crew Of M/Y Heerlijkheid

Have you ever wondered what it's like to work onboard a busy Charter vessel? Or perhaps you are pondering the reasons some crew stay onboard their chosen yachts for so long? We had the pleasure of stepping onboard the 30m M/Y Heerlijkheid at this year's MYBA Charter Show, courtesy of [Boatsters Black](#), to speak to some of the crew and discover what it is about the boat's program that attracted them to work onboard.



*Interviewing Mate/Engineer William Onboard M/Y Heerlijkheid,
Photos Courtesy Of The Yacht Videographer*



Stewardess Nikita & Chef Liv, Photos Courtesy Of The Yacht Videographer

Boatsters Black, the charter management company currently operating from Palma de Mallorca, is a company that prides themselves on adding a personal touch to their service, and understands that the relationship they have with the crew onboard their vessels is essential to ensuring that the clients experience the best charter possible:

“The crew makes the charter! We always try to make sure that the crew is rested and fit so they are happy and up to the task to give guests on board the time of their lives.”

– David Ramljak, General Manager at Boatsters Black

I spoke with Mate/Engineer William, who has worked onboard the yacht for 9 years. William speaks of some of his highlights since working onboard, including several crossings and cruising round many locations in the Med. He also gave an insight into how he initially entered the industry and why he

has stayed with the boat for so long.

I also interview Chef Liv, who spoke to us about her culinary background, and her journey to becoming a Sole chef. Liv speaks of her favourite cuisines to cook onboard and why she chose the M/Y Heerlijkheid program as her next permanent position.

Watch our interviews with Chef Liv and Engineer William below – footage of the vessel is courtesy of [The Yacht Videographer](#):

To discover more about M/Y Heerlijkheid, [click here](#).

To learn more about *Boatsters Black*, visit [their website](#).

You can discover more *The Yacht Videographer* work [here](#).

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Gym Marine Announce Saltlick Fitness As Their Crew Wellbeing Partner

[Saltlick Fitness](#) has been appointed as [Gym Marine's](#) crew wellbeing partner. In this exciting new partnership, Saltlick Fitness will offer its well-known, tried, and tested crew fitness programs to any yacht or crew collaborating with Gym Marine on a new gym or equipment installation, as well as those with existing Gym Marine-designed facilities and equipment.



Photo by Ian Armstrong

Founded by ex-crew, both Gym Marine and Saltlick Fitness seamlessly bring their years of experience working in health and fitness environments aboard Superyachts to the industry. The two companies share a depth of understanding on how

crucial it is for yacht crew to prioritise their fitness when onboard, and the difficulties of finding time to focus on their wellbeing.

Ed Thomas, Managing Director of Gym Marine comments:

“It is impossible for anyone who hasn’t worked at sea to understand just how challenging it can be to maintain a healthy physical routine during a busy season. This partnership between Gym Marine’s experienced team of gym designers and Saltlick’s crew fitness experts is the closest thing to a perfect match for yachts looking to invest in reducing turnover and improving crew wellbeing.”

Tom Jones, Co-Founder of Saltlick Fitness echoes this by stating:

“Saltlick are very excited to be given the opportunity to be partnered with the superyacht industry’s leading gym designers, Gym Marine. Understanding the need for crew to keep fit and healthy has always been at the forefront of Saltlick’s thoughts, and with Gym marine now in our corner yacht crew physical training can become something that everyone can get involved in!” – Tom Jones, Co-Founder of Saltlick Fitness.

About Saltlick Fitness



Photo By Ian Armstrong

Saltlick Fitness was founded by Tom Jones and Christie Surveson, two personal trainers currently working in the superyacht industry. To ensure people reach their goals, the company offers both vessel-specific group programs as well as customised individual programs and online coaching.

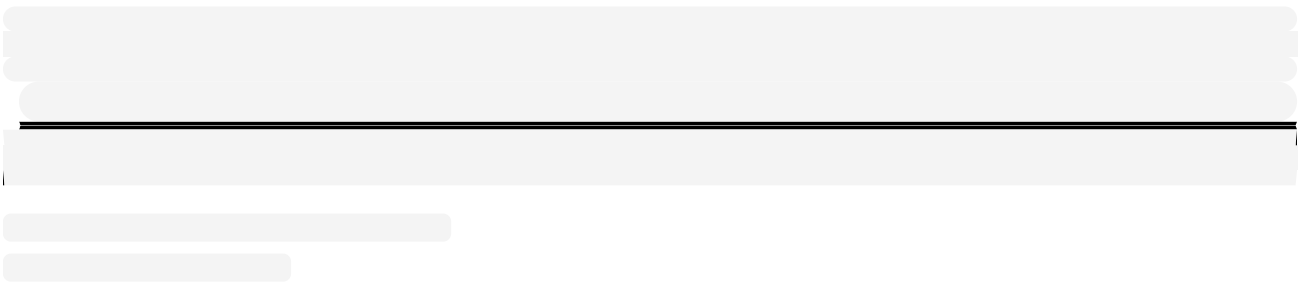
An important objective of the company is to help those in the yachting industry maintain a healthy mind and body. With constant time zone changes, long hours, minimal down time, and limited space and equipment, maintaining a work/wellness ratio in yachting can be quite challenging.

A members of the yachting community themselves, the Saltlick team understands these factors and wishes to educate and inform fellow crew members about how to maintain a healthy, well-balanced life on board, while simultaneously recognising the importance of mental and physical well-being.





[View this post on Instagram](#)



A post shared by Gym Marine Yachts & Interiors (@gym.marine)

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Superyacht Turnaround: 5 Tips And Hacks For Crew

A Superyacht turnaround refers to the process of preparing a yacht for its next voyage, which involves cleaning, restocking, and performing routine maintenance tasks. As ex-yachties ourselves, we've put our heads together and brainstormed our top five key superyacht turnaround tips and hacks for crew.



1. Plan Ahead

Tip – Superyacht turnaround involves a lot of tasks that need to be completed within a limited timeframe. Therefore, it is important to plan ahead and create a detailed checklist of all the tasks that need to be completed. This will help ensure that nothing is overlooked, and everything is done efficiently.

Hack – Use a digital tool, such as a task management app, to create a detailed checklist and assign tasks to team members, ensuring everyone is aware of their responsibilities and deadlines. Or, use templates for commonly repeated tasks, such as deep cleaning cabins, to save time and ensure consistency.

2. Communicate With Your Team

Tip – A skilled team is essential for a successful superyacht

turnaround and communication is key. A good team will be the difference between a quick and high standard turnaround, or a poor and disorganised turnaround.

Hack – Communicate to each team member what their turnaround job roles will be, clearly outlining expectations and responsibilities, to ensure that everyone is aware of their duties and can focus on their assigned tasks.

3. Use Cleaning Companies To Assist



Tip – Cleaning is obviously an essential part of the superyacht turnaround process, but its not always what you will have time to prioritise, especially with smaller teams. Consider using a cleaning company that can come onboard for one or two days to assist with the turnaround, that way you'll

have a dedicated team for cleaning whilst you carry out other tasks such as admin or shopping for provisions. It's also worth considering sending any laundry ashore for a super-quick turnover on guest sheets, they will return ironed and ready to go!

Hack – If you don't have access to a cleaning company, create a cleaning schedule, breaking down the cleaning tasks into manageable chunks that can be completed in smaller timeframes. Similar to the planning ahead hack, use a team-based approach, assigning specific cleaning tasks to each member to ensure that the entire yacht is cleaned efficiently.

4. Stock Up On Supplies

Tip – During the Superyacht turnarounds processes, it is important to restock all necessary supplies, including food, drinks, and other provisions. The last thing you want it to run out of stock for the next guests trip!

Hack – Create a detailed inventory list of all the supplies and equipment needed, including the quantity and location of each item, to streamline the restocking process, as well as create a master list of suppliers and vendors to use as a reference for future turnaround processes, streamlining the ordering and restocking process.

5. Perform Routine Maintenance

Tip – Routine maintenance tasks are important for keeping the Superyacht in good condition. During the turnaround process, it is vital that the crew perform routine maintenance tasks,

such as engine checks, electrical inspections, and other repairs. This will help ensure that the yacht is safe and ready for its next voyage.

Hack – Schedule routine maintenance tasks at regular intervals throughout the year, avoiding a backlog of maintenance tasks during the turnaround process. Then, create a maintenance log, documenting all completed maintenance tasks, including the date, time, and the person responsible for completing the task, to ensure that all maintenance is tracked and up-to-date.

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How do I get an STCW Basic Training Certificate?

STCW (Standards of Training, Certification and Watchkeeping) basic training



Image by [UKSA](#)

An STCW Basic Safety Training course is the legal minimum requirement for anyone looking to work aboard a 24m+ yacht. To obtain an STCW (Standards of Training, Certification and Watchkeeping) Basic Safety Training (BST) certificate, you will need to complete the required courses at a training center that is approved by your countries' maritime

administration or an authorised organisation.

What's included in an STCW Basic Training Course?

The basic Safety Training course is typically composed of five modules: Personal Survival Techniques (PST), Fire Prevention and Fire Fighting (FPFF), Elementary First Aid (EFA), and Personal Safety and Social Responsibility (PSSR) and Proficiency in Security Awareness (PSA). The course may be completed as a single program or as individual modules, depending on the training centre.

Other elements of an STCW course include:

- Understand life-saving appliances and control plans onboard
- Demonstrating an ability to assist passengers en route
- Understand mustering procedures

To enroll in the course, you may need to meet certain requirements, such as being at least 18 years of age and in good health. You may also need to provide proof of identity and nationality, as well as any other documents required by your country's maritime administration or the training centre.

READ MORE: [Superyacht Crew – Sustainability and STCW for Engineers](#)

Before you're issued a certificate, students are required to take a continual practical assessment with theory based

examinations. Once you have completed the required modules and passed the assessments, you will be issued an STCW Basic Safety Training certificate, which is valid for five years. You may then be eligible to work on certain types of vessels or in certain positions that require STCW certification.

It's important to note that the specific requirements and procedures for obtaining an STCW Basic Safety Training certificate may vary by country and by training centre, so it's best to check with your local maritime administration or an authorised training centre for more information.

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