



Réseau académique
franco-irlandais
des Arts Culinaires,
de l'Hôtellerie et du Tourisme



France-Ireland
network
for Culinary Arts,
Hospitality and Tourism

Come and join

FICAHT 2023

FRANCE-IRELAND



in Argelès-sur-Mer





France-Ireland
network
for Culinary Arts,
Hospitality and Tourism

FICAHT 2023



Réseau académique
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de l'Hôtellerie et du Tourisme

FRANCO-IRISH
COOK &
SERVE
COMPETITION

29 MARS 2023



FORUM

30-31 MARS 2023



Register here!

**LYCÉE CHRISTIAN BOURQUIN
À ARGELÈS-SUR-MER
DU 29 au 31 MARS 2023**

ficaht2023.bourquin@gmail.com



What is FICAHT?

FICAHT stands for: "France-Ireland network for Culinary Arts, Hospitality & Tourism"
In April 2015, Campus France and the Higher Education Authority signed a protocol agreement. FICAHT aims at encouraging student mobility and apprenticeship, developing EU-wide programmes through the Erasmus+ scheme and exchanging good practices.

History of FICAHT

Previous editions of FICAHT were held in:

2022: Atlantic Technological University (Galway/Ireland)

2019: CFA Médéric (Paris / France)

2018: TU Dublin (Ireland)

2016: Lycée Biarritz Atlantique / Ecole hôtelière de Biarritz (France)

2015: Technological University Dublin (Ireland)

We are proud to host the 2023 edition after our illustrious predecessors.

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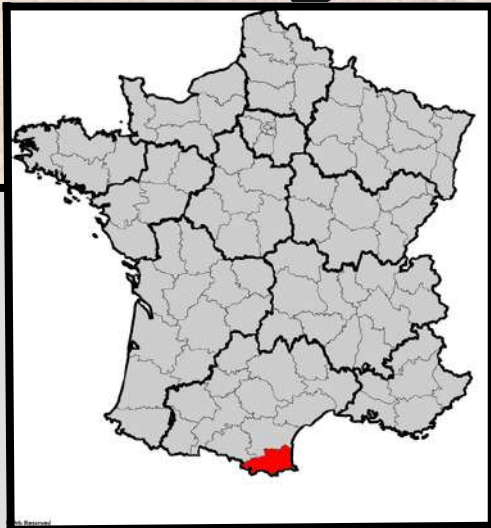
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LOCATION



PYRÉNÉES- ORIENTALES



ADT 66

Come and explore Pyrénées Orientales, one of the most beautiful places in France . You will travel between the seaside and the mountains to discover its rich heritage.

Be prepared for a gourmet stay through a colorful territory that offers typical Catalan specialties as well as numerous sports activities.



→ 13

→ 13 A

FILM NEGATIVE



→ 14

→ 14 A

FILM NEGATIVE

FILM NEGATIVE



PYRÉNÉES
ORIENTALES
• le Département •



COOK & SERVE COMPETITION FICAHT 2023

Wednesday 29 March 2023 :

- *Franco-Irish Cook & Serve Competition*
- "Goût de France" dinner (on invitation)

PARTICIPANTS

CONGRATULATIONS!

| Catégorie 1 / Strand 1 | Français | Irish |
|---------------------------|--|---|
| EQUIPE / TEAM 1 | Lycée Emilie Du Châtelet SERRIS Cuisine : RAKOTOARIVONY Anton Service : DAVOINE Lucas | Crumlin College of Further Education DUBLIN Cook: CORSCADDEN Emma Jane Serve: WHATELY Susan |
| EQUIPE / TEAM 2 | CMA Normandie, Campus Eugénie Brazier DIEPPE Cuisine : CAQUELARD Clemence Service : MARTEL Theo | Bishopstown college of FET Justin Ryan CORK Cook: O'SULLIVAN Donagh Serve: ALEBACHEW Lemlem |
| EQUIPE / TEAM 3 | Lycée Christian Bourquin ARGELES SUR MER Cuisine : DECAYEUX Lila Service : VALLERO Alexandre | Munster Technological University CORK Cook: MELVILLE Debora Serve: O'DRISCOLL Chelsea |
| EQUIPE / TEAM 4 | CCI Maine et Loire centre Pierre Cointreau ANGERS Cuisine : CROSSAY Corentin Service : BONNIN Albane | Jenny Fitzgerald KINSALE CO CORK (team 1) Cook: Ntikinca Msawenkosi Serve: GILL Joanna |

| Catégorie 2 / Strand 2 | Français | Irish |
|---------------------------|---|--|
| EQUIPE / TEAM A | Ecole des métiers Dijon Métropole DIJON Cuisine : COUTAN Cannelle Service : MILLOT Romane | Munster Technological University CORK Cook: EGAN Ciara Muire Serve: KEANE Oliver Francis |
| EQUIPE / TEAM B | Lycée Savary Ferry ARRAS Cuisine : WIARD Alexis Service : GRELL Juliette | ATU GALWAY City Cook: WALSH Adam Serve: RYAN Emma |



COOK & SERVE COMPETITION JURY

| | | |
|------------------------|---|---|
| Mr Niall BURGESS | Ambassadeur | Ambassade d'Irlande en France |
| Mrs Delphine TESSIER | Attachée de coopération scientifique et universitaire | Ambassade d'Irlande en France |
| Mrs Marie-Laure AUGE | Inspectrice Education Nationale France (IEN-ET) | Rectorat de l'Académie de Montpellier |
| Mrs ORWAT Sophie | Inspectrice Education Nationale France (IA-IPR) | Rectorat de l'Académie de Montpellier |
| Mr Dave MULVANEY | Chef, Enseignant en Hôtellerie-Restauration | College of further education |
| Mr Jean PLOUZENNEC | Chef, Président | Association des Toques blanches du Roussillon |
| Mr François MASDEVALL | Chef, membre des Toques blanches du Roussillon | Ex-chef de cuisine au Palais de l'Elysée |
| Mrs Catherine PAILLARD | Enseignant en Hôtellerie-Restauration | Lycée Georges Frêche Montpellier |
| Mr Nicolas PAILLARD | Enseignant en Hôtellerie-Restauration | Lycée Georges Frêche Montpellier |

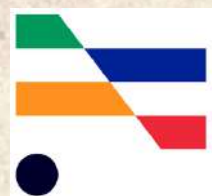
PARTICIPATION IN THE FORUM

A participation fee for the FICAHT 2023 Forum is requested, including :

- General expenses, coffee coffee breaks on Thursday 30 and Friday 31 March 2023, lunches on Thursday 30 and Friday 31 March 2023.



Please register via the link on the last page. You will receive a confirmation of registration as well as an invoice and a link for online payment.



2023 FICAHT FORUM PROGRAMME

Thursday 30 March and Friday 31 March 2023 :

FICAHT Forum

Conferences, round table discussions, experience sharing, presentation of innovative products... meet our French and Irish speakers and partners.

The main themes discussed:

- *The attractiveness of the hospitality, gastronomy and tourism: part-time courses, slow food/zero mile, well-being and health at work*
- *The international opening of training courses: DRAI Occitanie, CampusMob project, equivalence between European diplomas*
- *The links between the values of sport and hospitality, gastronomy and tourism professions*
- *The inclusion of people with disabilities, both in training and in the workplace*
- *The development of the network of partners*



PARTICIPANTS

All the members of the French and Irish Culinary, Hospitality and Tourism network.

Saturday 1 April 2023 : Discovering Collioure (guided tour by local students in tourism)

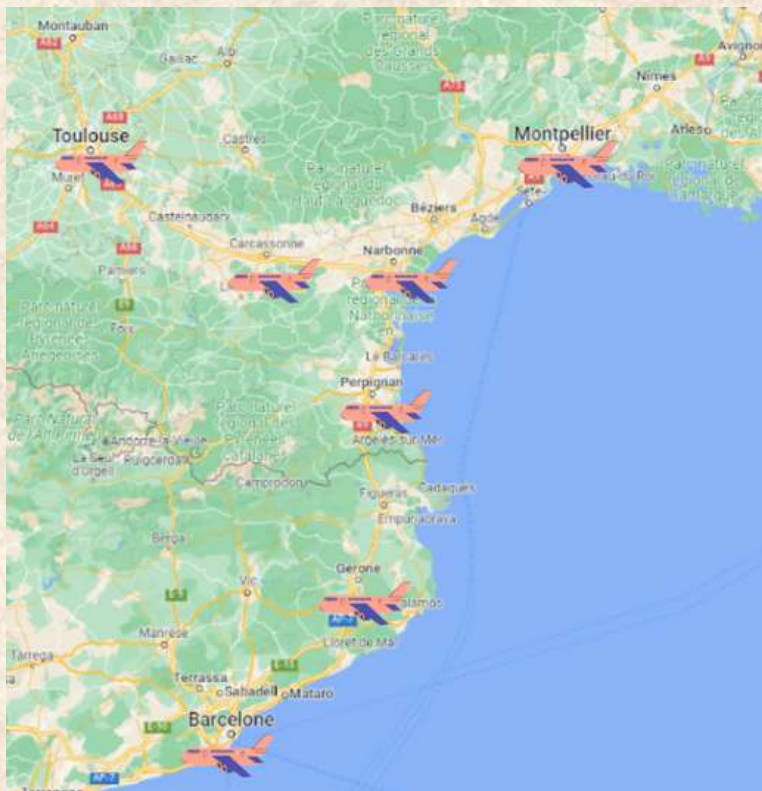
Pre and post event:

You can combine your participation with an Erasmus+ mobility (job shadowing) or/and a self-guided holiday.

TRANSPORT

For the flights, we advise you to search on airlines website. The nearest airports are:

| Départ | Rayanair | Aer Lingus | Vueling | Iberia |
|---------|---|-----------------------|-----------|-----------------------|
| Dublin | Toulouse Carcassonne Gérone Nimes Barcelone | Toulouse Barcelone | Barcelone | Toulouse Barcelone |
| Cork | Carcassonne Barcelone Gérone | / | Barcelone | / |
| Shannon | Barcelone Béziers Gérone | Barcelone | / | / |
| Knock | Barcelone Gérone | / | / | / |



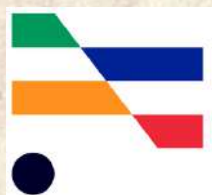
Alternatives :

- Train : SNCF Connect



- Car rental

We recommend that you rent a vehicle for your local travels, grouping together several participants.



ACCOMMODATION

We have negotiated for you a preferential rate with two accommodations close to the school. Book directly with our partners and mention the **discount code "FICAHT2023"**

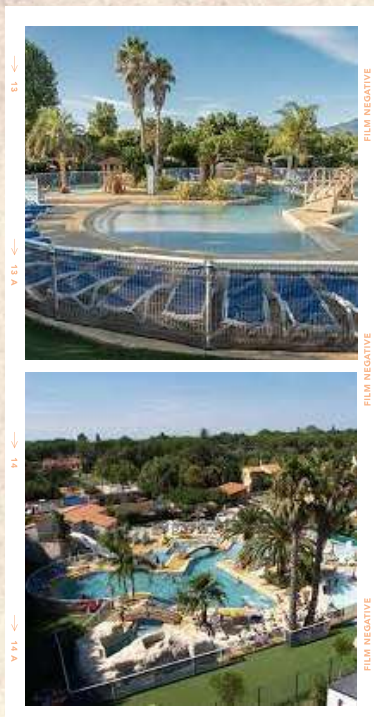
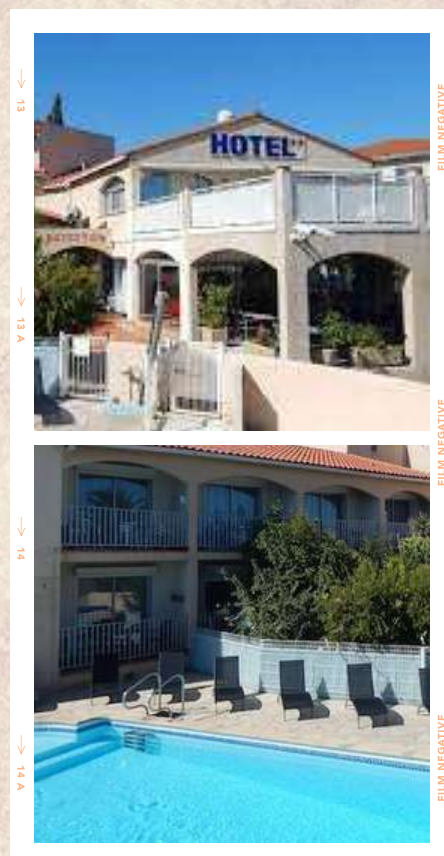
Hôtel Acapella **

(accessible by car - 5 minutes)

€58 per person and per room in double room, breakfast included (visitor's tax €0,91 per night per person)

contact@hotel-acapella.fr

+33 4 68 95 89 45



Camping l'étoile d'Or ****

(walking distance of the school - 10 minutes)

Mobil-Home: €30 per night and per person, including breakfast (visitor's tax € 0,66 per day per person)

Do not forget to bring towels

info@camping-etoiledor.com

+33 4 68 81 04 34

This rate will remain the same if you would like to extend your stay after the FICAHT!

Other types of accommodation are available at that period. Do not hesitate to contact Argeles-Sur-Mer or Perpignan tourist offices

Argeles-Sur-Mer Tourist Office:

+33 4 68 81 15 85

Perpignan Tourist Office:

+33 4 68 66 30 30



DINNER NUMBER 1

Thursday 30 March

Restaurant L'Alto
à Argelès-sur-Mer



2 choices of starter /
main course and 3 choices of dessert

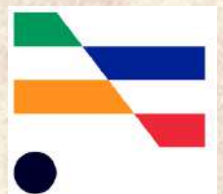
Starter: Spanish tortilla on toasted bread served with fresh salad
OR
Local goat cheese served warm with a pear sauce

Main course: Creamy risotto, grilled seabream fillet with a basil sauce
OR
Pork cheek slowly stewed in Les Templiers wine served with mashed potatoes



Dessert: Stewed pear in a vanilla syrup
OR
Chocolate cake 66 %
OR
The real "Crème Catalane"

Please register. We will take care of your booking.



DINNER NUMBER 2

Friday 3rd March

Restaurant La Bartavelle



20 people maximum



Appetizers + Amuse Bouche +
Coffee included
Drinks not included

You will have a choice between
2 starters
2 main dishes
2 desserts



(vegan and gluten-free options)



Les menus, de saison, à base de produits locaux, seront communiqués quelques jours avant.

Please register. We will take care of your booking.



COLLIOURE (HALF-DAY DISCOVER)

ITINERARY
+ ADDRESSES



€20
/ pax

Saturday 1 April, 2023
*Guided tour
by local students in tourism*



- **8h45 a.m.:** Departure from Argeles sur Mer (15min drive)
- Arrival in Collioure
- Antonio Machado's tomb, famous Spanish poet
- One hour guided tour about Fauvism with a presentation of the landscape.
- Guided tour of the Royal Castle
- Anchoix Desclaux, a local anchovy factory : visit and tasting
- Lunch possible in Collioure, or return by car to Argelès-sur-Mer.

Duration of the visit : 3 hours.

Please register. We will take care of your booking.

OUR PARTNERS

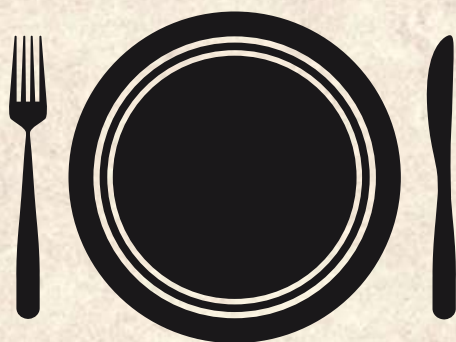
*We sincerely thank
our partners for their support.*



WE RECOMMEND...



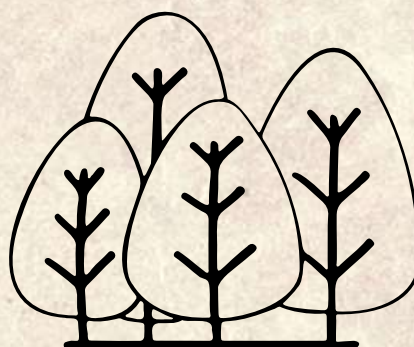
Restaurants



Hikes



Natural sites



A DAY IN ARGELÈS-SUR-MER



We suggest a self-guided visit of Argelès-sur-Mer.

On the program:

- Start your visit on the place Gambetta then walk to the market
- Visit Argeles memorial visit the church
- Departure for the castle of Valmy
- Lunch
- Discover Valmy Park
- Departure for the Racou, walk along the seafront to the casino

We invite you to scan the code for the routes!



[Link to the tourist office](#)



PERPIGNAN



Come and explore Perpignan, former capital of the kingdom of Majorca. Its medieval city centre offers numerous buildings of Catalan influence.

We recommend a day trip to Perpignan.

For the programme:

- Start with the Castillet, a former prison and city gate
- Then head to the Palace of the Kings of Majorca
- Lunch
- Visit Hyacinthe Rigaud Art Museum
- Visit St Jean Cathedral



[Link to the tourist office](#)



HIKES



Discover Argelès-sur-Mer and its surroundings thanks to various hikes.

Here are three examples of hiking tours:

Tour Madeloc hike

Tour de la Massane hike

'Sentier du Littoral' hike
You will walk along the coastline



LA TOUR DE LA MASSANE



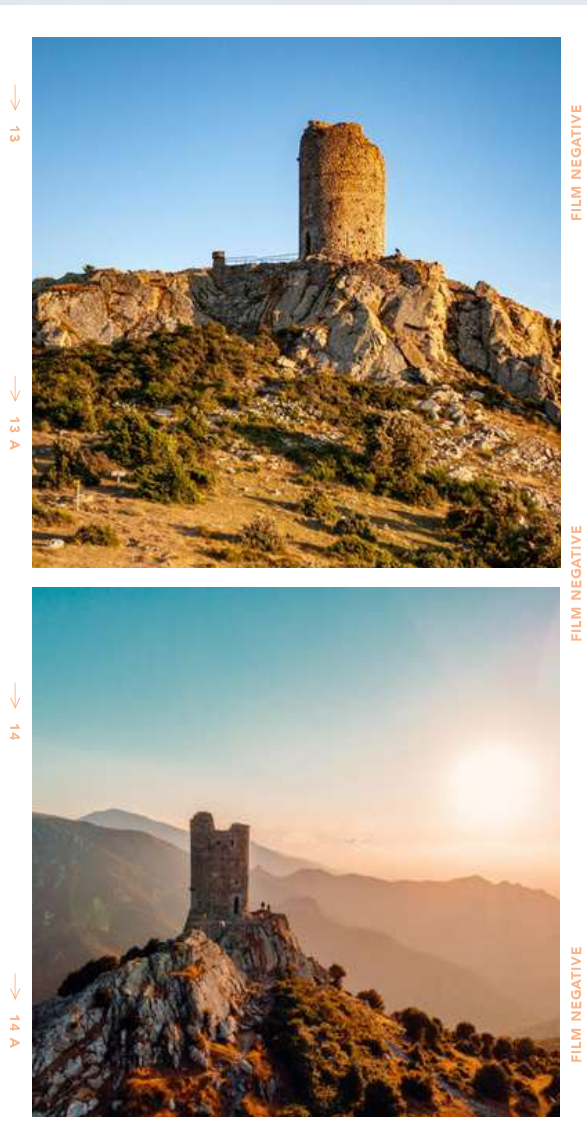
**FOR MORE INFORMATION,
SCAN THE QR CODE.**

Location: Argelès-sur-Mer

Starting point: château de Valmy

Time/distance: 5h/8,70 Miles

Difficulty: hard



LA TOUR DE LA MADELOC



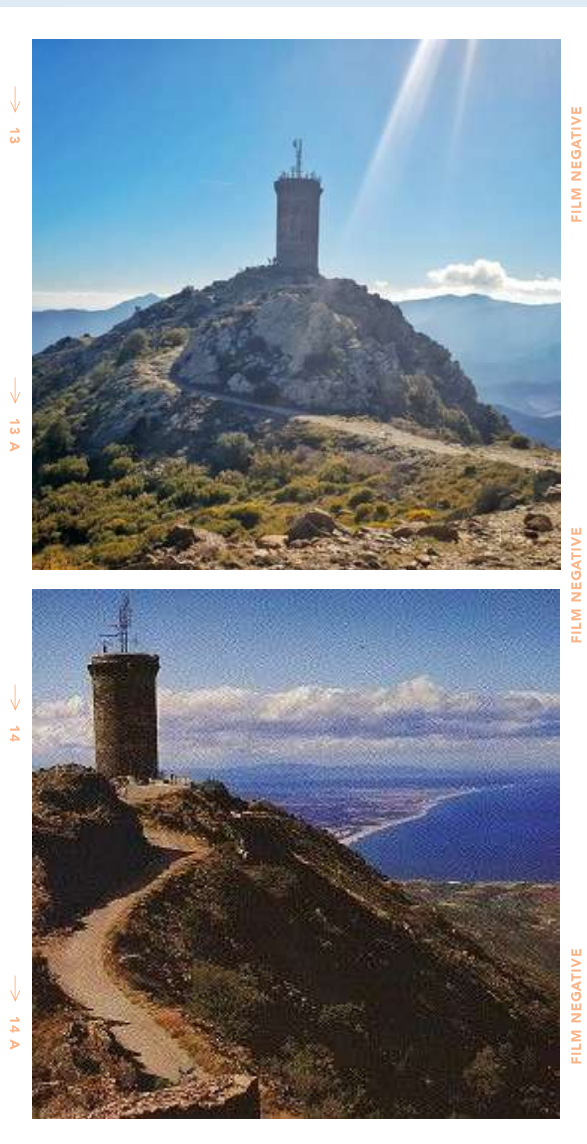
**FOR MORE INFORMATION,
SCAN THE QR CODE**

Location: Argelès-sur-Mer/Banyuls-sur-Mer

Starting point: lieu-dit Les Casernes de gauche

Time/distance: 1h35/2,5miles

Difficulty: Easy



SENTIER DU LITTORAL COASTLINE TRAIL



*FOR MORE INFORMATION,
SCAN THE QR CODE*



Location: Argelès-sur-Mer

Starting point: Le Racou

Time/distance: 1h/6.20miles

Difficulty: Easy



SEALIFE AND WILDLIFE PARKS



Aquarium Oniria

2, Boulevard de la jetée -
66140 CANET EN ROUSILLON
+33 4 68 86 72 92

Rate (Adults): €14,50



RÉSERVE AFRICAINE DE SIGEAN

19 HAM. DU LAC D6009
11130 SIGEAN
+334 68 48 20 20

Rate (Adults): €33



ECOZONIA

La Coume del Roc - RD 59
66600 CASES DE PENE
+33 4 68 89 73 50

Rate (Adults): 12,50 €



Aquarium Biodiversarium

Avenue Pierre Fabre
66650 BANYULS-SUR-MER
+334 68 86 72 92

Rate (Adults): €9,50



NATURAL SITES



Villeneuve de la Raho lake

Discover the lake located 15 minutes away from Argelès-sur-Mer



L'Anse de Paulilles

Come and admire Paulilles cove located 15 minutes from Argelès-sur-Mer



Mas Larrieu Natural Reserve

Visit Mas Larrieu natural reserve located in Argelès-sur-Mer. It spans over 145ha on each bank of the Tech river.



AUDE



Welcome to the Cathar country. Come and discover Aude's historic and cultural richness with its 3 major cities:

Gruissan, Narbonne, and Carcassonne.

Admire outstanding landscapes and enjoy the various activities on offer.



CARCASSONNE



FILM NEGATIVE



FILM NEGATIVE

Discover Carcassonne and its medieval city, classified a Unesco heritage site since 1997. This half-day tour is an invitation to live an original experience in a rich, cultural city.

- Departure from Argelès sur mer.
- Arrival in Carcassonne.
- Visit the castle and its ramparts (€9,50).
- Lunch

Our favorite restaurants: *La Barbacane, Maison Joseph, Régalade à la cité, Le créneau, Le Chaudron Cathare*

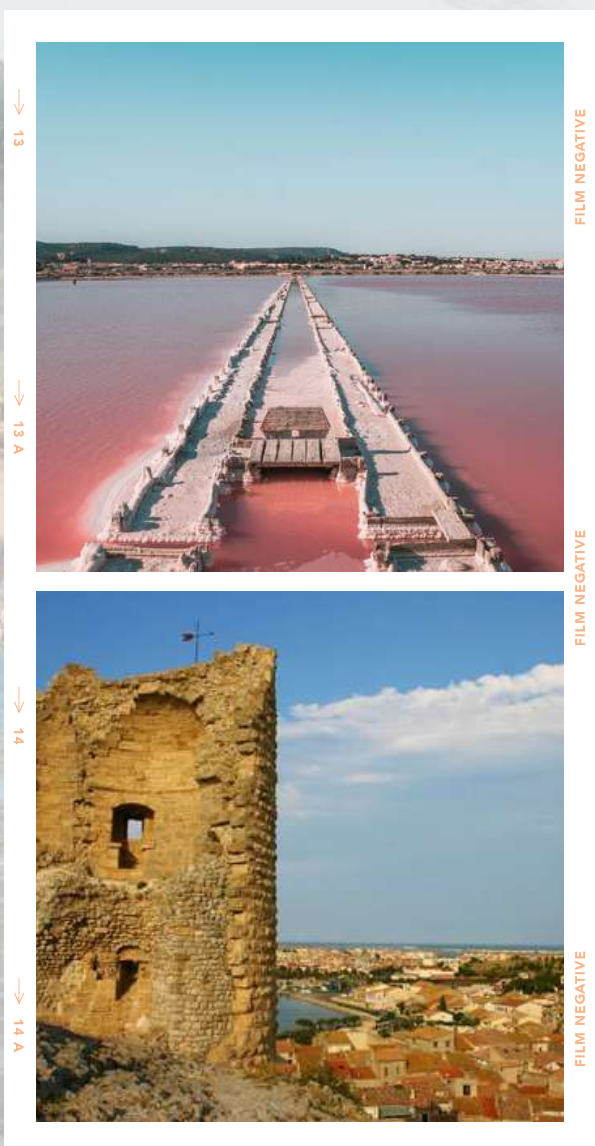
- After lunch, visit Saint Nazaire cathedral.
- Stroll along the Canal du Midi.
- Stroll to the Bastide Saint-Louis.

GRUISSAN

Discover Gruissan, an authentic city located between Land and Sea in Aude. This half-day trip invites you to live an original experience.

We recommend a half-day self-guided tour the programme:

- Starting point at Notre Dame des Auzils chapel and then walk to the marine cemetery
- Visit the Barbarossa Tower
- Visit the salt marshes on Saint-Martin island
- Visit and optional wine tasting at Pierre Richard's or Chateau Le Bouis winery.



NARBONNE



Narbonne, called "Rome's daughter ", is an essential crossroads city in the south of France. Let yourself be charmed by its historic city centre.

We suggest a day visit to Narbonne the programme:

- Departure from Argelès sur Mer.
- Arrival in Narbonne, discover the Via Domitia
- Visit of the city hall and Saint Catherine's cathedral.
- Visit of the *Halles*, a food market, with optional lunch.

Nearby restaurants: *Le Bistro, La Trattoria, Chez LULU, Brasserie CO, La Rotonde, Lou Castel.*

- Visit Charles Trenet's native house.
- Visit of the Horreum, a roman warehouse where cereals were stored.



FILM NEGATIVE



FILM NEGATIVE

FIGUERAS AND ITS SURROUNDINGS



ITINERARY+ADDRESS

Departure from Argelès to Figueras (50 min by the motorway)

Visit Dali museum in Figueras (duration: 1h30) closed on Mondays.

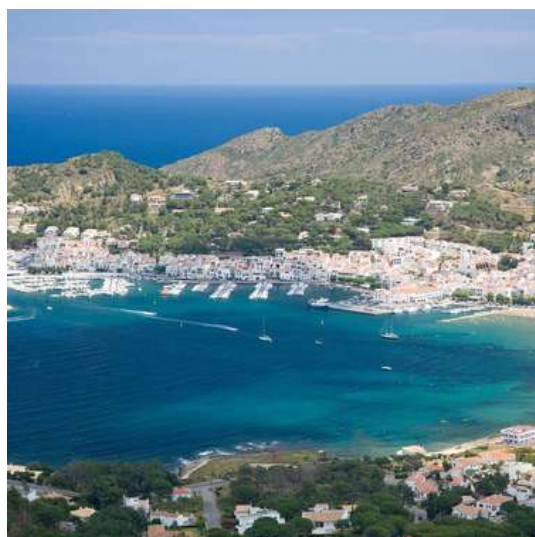
You will drive to Cadaques, a typical village. You will lunch in one of the many fish restaurants and discover the fishing village.

Departure to Sant Pere de Rodes (35min drive) or Port de la Salva to visit the port (20 min drive)

On the way back, optional visit of Peralada to visit the casino, have dinner at the restaurant and taste local wine



FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE

Recommended restaurants:

- **Narita Cadaques** : Plaça del Passeig, 13, 17488, Cadaqués
- **Cadaq's** : Plaça del passeig, 3, 17488 Cadaqués

- **La Notta Bar de Tapas y Frankfurt** : Riba pixedot, 7, 17488, Cadaqués



GIRONA AND ITS SURROUNDINGS



ITINERARY+ADRESS

Departure for Girona (1H15min by the motorway)

- walking tour of the city, Visit Saint Mary's Cathedral
- Walls of Girona

Lunch break

AFTERNOON :

- Free time , you can either
- Visit local vineyards and enjoy a wine tasting (online booking)
- Stroll along the Onyar river banks and discover its bridges
- Explore the Old Town and the Jewish district
- Discover the numerous museums such as the Cinema Museum, the Jewish History, Girona local museum.
- Go shopping to the local mall "Espai Girones"

Recommended restaurants:

- **Txalaka girona**, Carrer Bonastruc de Porta, 4, 17001 Girona
- **SinoFos Restaurant**, Placa Catalunya, n25, B, 17002, Girona

- **Brots de Vi**, Carrer de la Cort Reial, 1, 17004, Girona (fermé le mardi et mercredi)

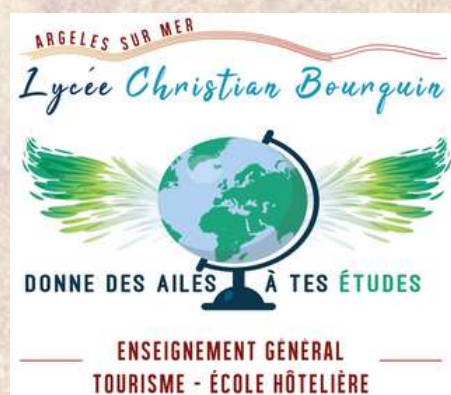


WE ARE LOOKING FORWARD TO WELCOMING YOU AT LYCÉE CHRISTIAN BOURQUIN

Register for FICATH 2023



OR



We remain at your disposal for any further information:

ficaht2023.bourquin@gmail.com

Thank you for trusting us

