



China Foods Alliance

# EDUCATIONAL JOURNEY FOR TEACHERS AND EDUCATORS

**DETAILPROGRAM – VERSION 10.02.2026\***  
**10 DAYS CHINA CULINARY JOURNEY 2026**

## **Exploring Chinese Cuisine**

### **A Culinary Journey for Swiss Educators**

This unique 10 day program invites Swiss culinary educators on an enriching journey through the vibrant and diverse world of Chinese cuisine. Hosted in the culinary capitals of Shanghai and Yantai, participants will immerse themselves in a hands-on exploration of China's rich culinary heritage, modern techniques, and educational approaches.

## **Key Features of the Program**

### **Culinary Immersion**

Participants experience an intensive, hands-on immersion into Chinese gastronomy across multiple regions. The program covers the 8 major regional Chinese cuisines, from the refined flavors of Shanghai and Jiangsu to the bold, spicy character of Sichuan cuisine. Through culinary school exchanges, workshops, demonstrations, market visits, and tastings, participants learn authentic techniques such as wok cooking, cutting skills, spice handling, and fire control, including regional specialties like Sichuan hotpot.

### **Cultural Discovery**

The program offers a cultural exploration of China through food and everyday life. Participants visit local morning markets, street food areas, tea houses, and food-related sites in Shanghai, Chengdu, and Suzhou. Guided visits and cultural briefings provide insight into the close connection between cuisine, history, and local traditions.

### **Educational Exchange**

A key component of the program is professional exchange with Chinese culinary schools and institutions, including CieCAS. Swiss educators engage in school visits, classroom observations, joint cooking sessions, and discussions with Chinese teachers and chefs, focusing on culinary training methods, vocational education, and skill development.

### **Professional Insight & Innovation**

The program combines tradition with applied innovation through formats such as a Sino-Swiss hotpot lab, where European perspectives are integrated into authentic Sichuan techniques. Additional highlights include behind-the-scenes access to international hotel kitchens, Michelin dining experiences, and operational insights. The program concludes with a certificate ceremony.

*\* Subject to change. The program may undergo minor detail changes as it is permanently further developed.*



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## **Program Highlights**

### **8 Regional Chinese Cuisines**

A curated journey through China's eight traditional cuisines, from Shanghai and Jiangsu to Sichuan, including a hands-on hotpot lab.

### **Hands-on Culinary School Exchange**

Practical training with Chinese chefs and teachers, focusing on wok skills, cutting techniques, and fire control.

### **Market-to-Table Food Culture**

Early-morning markets, ingredient sourcing, soy sauce tasting, tea houses, and guided street food exploration.

### **Exclusive Industry & Cultural Access**

Behind-the-scenes hotel kitchens, Michelin dining, panda cultural tour, traditional banquets, and certification ceremony.



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## Locations

**Shanghai** is not only one of Asia's most dynamic metropolises, but also a major center of Chinese food culture. The city combines traditional dishes from the Jiangnan region with modern, international influences. From steaming xiaolongbao in small local eateries to innovative fine dining, Shanghai offers culinary diversity at the highest level.

**Chengdu** is the capital of flavor, where chili, pepper, and aromatic intensity define everyday cuisine. The city is famous for its hotpot culture, spice markets, and relaxed tea houses. Between temples, parks, and vibrant street food scenes, visitors experience how Sichuan cuisine balances bold spiciness with harmony.

**Suzhou** is renowned for its classical Chinese gardens, silk craftsmanship, and refined cuisine. Su cuisine is known for its balanced, slightly sweet flavors and elegant presentation. Along the canals and in the historic tea houses of the old town, one discovers dishes that unite beauty, taste, and culinary craftsmanship.



## Arrival in Shanghai

Arrival in Shanghai as **self-planning** (Shanghai city tour or discovery can take around 2 days)

- Various flights from Zurich/Geneva, direct/1 stop included to Shanghai available
- Transfer to hotel in group if in the same flight; *When arrive individually, personal advice on transportation is **always available***
- **Introduce the surrounding of the hotel, in group or privately upon arrival**



#### Shanghai

One of the most modern metropolises in Asia

#### CieCAS Shanghai

Training center and first home base of the journey

#### Culinary arts & culture

Learn more about wok and cutting techniques

#### Education

Introduction to the 8 culinary traditions

## Day 1 – Shanghai – **Orientation & Welcome Dinner**

Monday 5.10.

- Morning 08:00: Introduction session of traditional Eight Chinese Cuisine at **CieCAS** School (Coffee break included)
  - Lu / Shandong 鲁菜
  - Yue / Guangdong 粤菜
  - Chuan / Sichuan 川菜
  - Xiang / Hunan 湘菜
  - Su / Jiangsu 苏菜
  - Zhe / Zhejiang 浙菜
  - Min / Fujian 闽菜
  - Hui / Anhui 徽菜
- Lunch 12:00 : at **CieCAS - First Impression of local Chinese Cuisine**
- Afternoon 13:30 :
  - Chinese cutting technology lecture by Chef Master of **CieCAS**;
  - Coffee break
  - Cutting practice in group
  - Conclusion & next day briefing till 16:30
- Evening 18:00 : **Welcome Dinner** at selected Shanghai restaurant, experience the Chinese dining style with culture well translated and presented by CFA & **CieCAS** .

## Day 2 – Shanghai – **CieCAS School Exchange and practice**

Tuesday 6.10.

- Morning 08:00:
  - **5 selected dishes presentation** (*Will be adapted upon material availability*)
    - Salad - Tofu with Spring Onion
    - Salad - Cucumber Salad Chinese Style
    - Maindish - Kongpao Chicken
    - Maindish - Wuliu Fish
    - Sidedish - Xiong Long Bao Shanghai Style
  - Coffee break
  - Group discussion, Q&A, mise en place
- Lunch 12:00 : at **CieCAS - Try out some of the selected dishes**
- Afternoon 13:30 :
  - Cutting & Cooking in group
  - Coffee break
  - Presentation by group
  - Conclusion & next day briefing till 16:30
- Evening 18:00 :
  - Free evening time;
  - Packup for next day trip to Chengdu





**Chengdu**  
The heart of Sichuan cuisine  
& famous for its spiciness



**Chengdu**  
Insight into the education  
system at a partner school



**Chengdu**  
Famous for its pandas



### Day 3 – Shanghai → Chengdu – **Chengdu first impression**

Wednesday 7.10.

- (Early) Morning 06:00 : checkout from hotel
- 07:50 : **Flight to Chengdu** (*Time Schedule upon tickets availability*)
- 11:30 : Check-in at hotel
- Lunch 12:00 : Simple food delivery to the room - *experience the Chinese food delivery!*
- Afternoon 13:30 :
  - Explore Chengdu local culture in the city center and famous spots
  - Sichuan culture and history light briefing by CFA
  - **Street food** discovery guided by CFA
- Evening 18:00 : Dinner with mild Sichuan dishes suitable for international digestion for a soft starting in Chengdu

**\*Program in development with the school in China\***

### Day 4 – Chengdu – **School Exchange and Hotpot Experience**

Thursday 8.10.

- Morning 08:00: **School Visiting** (*Will be adapted upon school and teachers availability*)
  - Kulinarischer Schulaustausch zur Sichuan-Küche
  - Unterrichtsbeobachtung
  - Kaffeepause
  - Einführung in den Hotpot: Brühen, Zutaten, Beilagen usw.
- Lunch 12:00 : TBC
- Afternoon 13:30 : group set up and study the **assignment** for the next day: **Deep Dive into Sichuan Hotpot with a Swiss Touch.**

### Day 5 – Chengdu – **The Hotpot Lab – Sino-Swiss Fusion**

Friday 9.10.

- Morning 08:00: **Market visiting:** Sourcing 100% local Chengdu ingredients. Swiss teachers identify local products (e.g., specific mushrooms or cuts of meat) that resonate with European plates. (*Will be adapted upon school and teachers availability*)
- Lunch 12:00 : TBC
- Afternoon 13:30 : **Practicing in Team:** The focus remains on learning the Sichuan "Fire Control" and "Spice Frying." The "Swiss Touch" is added during the final 20% of the process (plating, dipping sauces, or side elements).
- Evening 18:00 : Present and share the cooked menu in school (*Detail will follow*)



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## Day 6 – Chengdu – **Local food Market & Panda Cultural Tour**

Saturday 10.10.

- Morning 05:00: Visit Chengdu **local food trading market** (optional)
  - Accompany and translation by CFA
- Back to hotel after the market and relax till lunch
- Afternoon 13:30 : Visit **Chengdu Panda Base** (*Detail will follow*)
- Evening :
  - Free time for shopping or local market exploration
  - Packup for flight to Shanghai



## Day 7 – Chengdu → Shanghai – **Hotel Visiting & Micheline Dinner**

Sunday 11.10.

- Morning 07:50: Flight back to Shanghai Hongqiao
- 11:30 : Hotel Check-in near by HongQiao Airport
- 12:00 : Food delivery to the room
- Afternoon 13:30 : Visiting a local 5 star hotel from inside
  - Guided visiting organized by **CieCAS**
  - Observe lunch making in the hotel kitchen
  - Hotel presentation about operation and so on (*Detail will follow*)
- Evening : *Micheline Dinner in Hotel*

## Day 8 – Shanghai – **Early Market Visiting & Soy Sauce Tasting**

Monday 12.10.

- Morning 05:00: Visit morning **Shanghai local market**, especially crab market or restaurant
  - Cultural briefing by CFA
  - Market guidance by CieCAS
- 09:00 : Back from the **Market** and experience the traditional breakfast of Shanghai
- Free time till afternoon program
- Afternoon 13:30 :
  - Professional **soy sauce tasting and demonstration**
  - Discussion on global soy sauce specialty and usage
  - Cross tasting with different soy sauce on the same dish
- Evening :
  - Free time for shopping or local market exploration
  - Packup for travelling to Suzhou





**Suzhou**  
Famous for its classical Chinese gardens



**Suzhou**  
Famous for Su cuisine



**Suzhou**  
Famous for its classic tea houses



**Suzhou**  
The Venice of the East

## Day 9 – Shanghai → Suzhou – **Suzhou discovery & Tea House**

Tuesday 13.10.

- Morning 08:00: Check out from hotel & **Travel to Suzhou** with bus or high-speed train
  - Transportation arranged by CFA
- 10:00 : Discover Suzhou ancient area and having simple lunch or street food with CFA accompany
- Afternoon 13:30 : **Chinese Tea house visiting** (*Detail will follow*)
  - Chinese Tea presentation
  - Study the tea making process
  - Experience the traditional tea ceremony
- Hotel check-in (Baggage arrangement to be confirmed)
- Evening 18:30 : Jiangsu Cuisine dinner

**\*Program in development with the hotel\***

## Day 10 – Shanghai – **Certificate and Farewell**

Wednesday 14.10.

- Morning 08:00: Breakfast in the hotel
- 09:00: **Visit the hotel**
  - Hotel presentation
  - Observe the hotel operation
  - **Exchange with the managers & chefs of the hotel**
- Lunch 12:00 : in the hotel Banquet Room
  - Experience the Chinese Banquet dining
  - 14:00 The whole program review
  - 15:00 **CieCAS certificate**
  - 15:30 Farewell cocktail
- Afternoon : Free time to discover Suzhou
  - Transport to Shanghai Pudong Airport can be arranged upon individual flight plan (Extra cost)

## Day 11 – **Departure to Shanghai Pudong Airport**

Thursday 15.10.

- 2 hours travel with Bus
- Group transportation is included
- Schedule upon individual flight plan

