

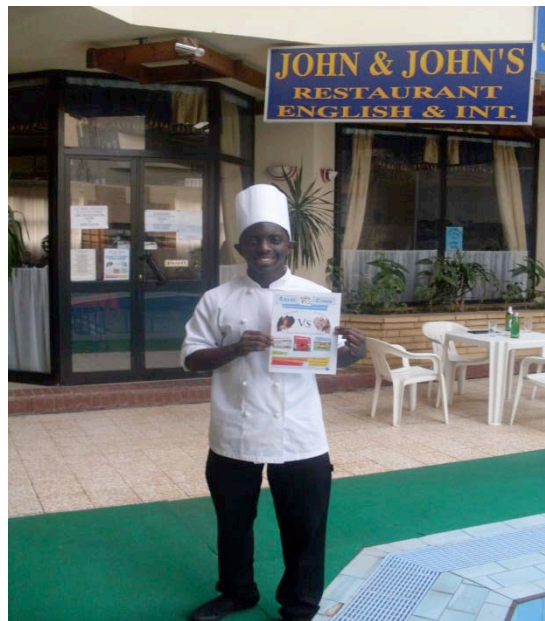
**INTERN, DANIEL MUCHAI, REPORT**

**December 29-January 21, 2009**



**GADDIS HOTEL**

**(JOHN & JOHN'S RESTAURANT)**



**DANIEL MUCHAI**

## **Introduction:**

The Baltimore-Luxor-Alexandria Sister City Committee (BLASCC) organized an internship for me (Daniel Muchai, a freshman at the University of Maryland Eastern Shore), to intern in Luxor, Egypt relating to my major, Hotel and Restaurant Management. The internship took place at Gaddis Hotel, in John and John's Restaurant,

First, I would like to thank Mr. Abdelwahab Elabd, Chairman of the Baltimore-Luxor-Alexandria Sister City Committee (BLASCC), for given me the biggest opportunity life to enhance my love for the Hospitality Industry. In addition, to giving me the chance to achieve my goal of living in another country while learning and working in my field, and also experiencing firsthand the life in Egypt. Beyond any doubt, the experience and skills I gained during the internship will be an essential part of me succeeding in the Hospitality industry.

## **My Day to Day Life at John and John's Restaurant:**

My training had consisted of.....

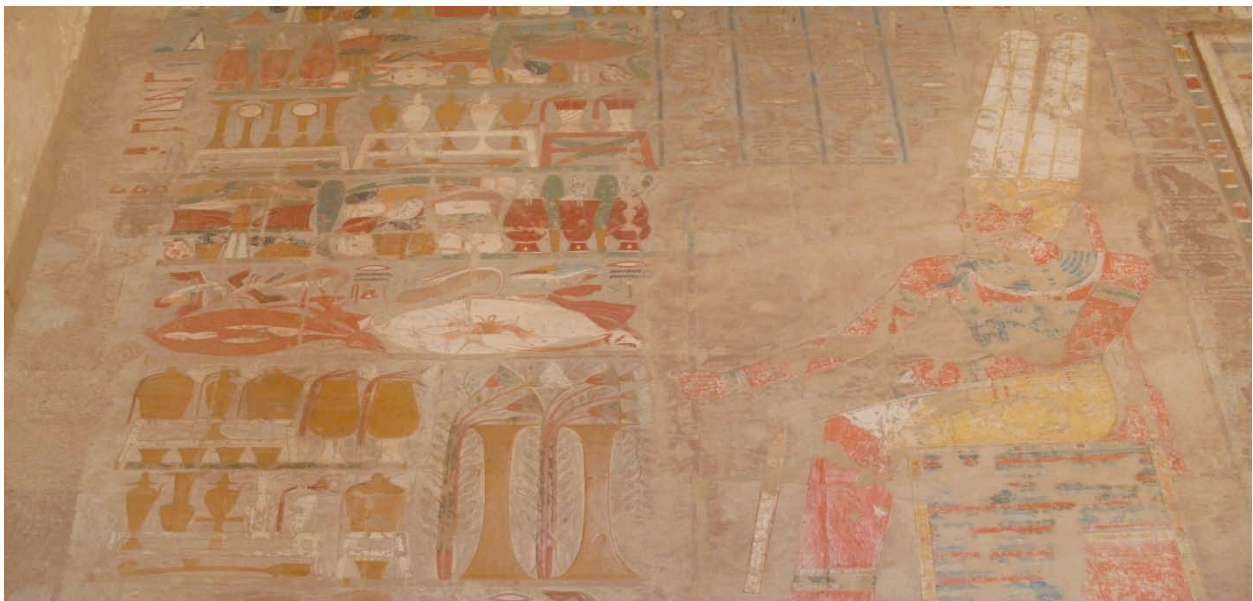
- All food preparation from frozen products and fresh products.
- Preparation of meat, poultry, fish, vegetables, salads and pasta's.
- Cooking of all the above-mentioned items.
- The correct usage of herbs and spices and the names.
- The storage of frozen products.
- The correct storage of fresh products including dating procedures.
- Hygiene standards in the kitchen environment.
- Hygiene standards within appliances in the kitchen.
- Personal hygiene standards within a kitchen environment.
- Training in Egyptian food dishes i.e. Preparation, ingredients, cooking procedures and presentation.
- Training in international food dishes i.e. Preparation, ingredients, cooking procedures and presentation.

- Presentation techniques and garnishes.

All of these training helped me tremendously to have more of a hands on kitchen experience, to know more about different spices and herbs and how they blend together in cooking, moreover, to learn more about Egyptian food dishes and sauces, ex. (Chicken Shawerma, Ful, and Tahina) and how to prepare them. I was able to put to action the training I received everyday in the restaurant by cooking meals for customers. In addition, been part of setting up a buffet, cooking, and serving in the New Year's Day party.

### **The Life in Luxor, Egypt:**

My stay in Luxor, Egypt was incredible in terms of the sightseeing tours I was able to see, and also the insight of the life in Luxor as a general, has left positive impressions on me. Since Luxor has frequently been characterized as the “world’s greatest open air museum” I was able to visit the Valley of the Kings Tombs, the Karnak Temple, and Luxor Temple. These places where beyond believe, I must say, for just the simple fact that a group of people thousands of years ago where able to create such magnificent monuments, and artworks.



**An Ancient Egyptian artwork at a temple in The Valley of Kings constructed by Queen Hatshepsut**

Without the advances in technology we have today is astonishing. The Egyptian people are also some of the nicest, and kindness I could have ever expected to encounter. For throughout my time Luxor, I was shown the warmest hospitality I could have ever expected from people such as Mr. Gaddis the owner of the hotel, Mr. John the Food and Beverage Director, Mr. Sameh the asst. F&B manager, hotel's staff, and the Luxor citizens. For instant I was able to sample the true Egyptian lifestyle by spending a whole day and night with Sameh and his family in his village. This experience was heartwarming because we spent the day as I would with my family. Since, we had a wonderful lunch made by Sameh's mom, set down with his relatives and even went on a stroll to nearby Nile River to see the sunset.



Daniel Muchai & Sameh Abd El Messiah

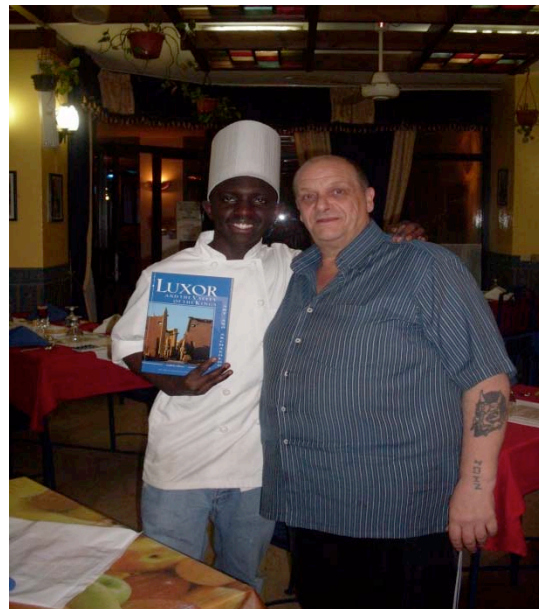
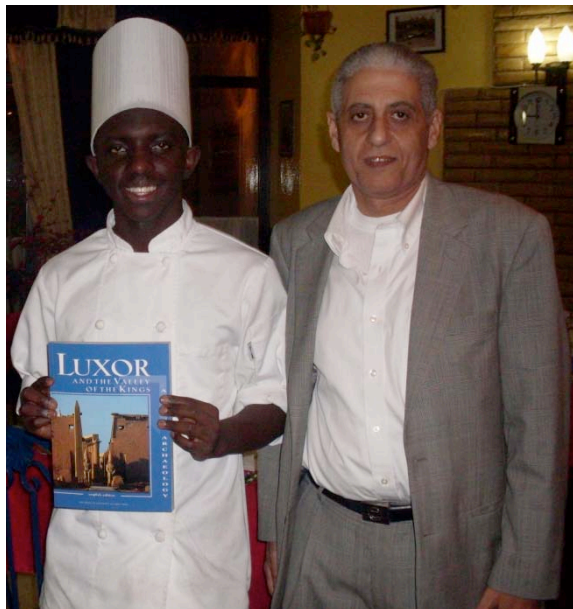


Daniel Muchai & Some co-workers at  
John & John's Restaurant

Despite the fact, I was only in Luxor for 4 weeks; I have become fond of this beautiful city and its citizens, for I have made friendships that I will continue to carry on long after my internship ends.

I would also like to acknowledge and say Thank You to some good people who were instrumental in having me take part in the internship, and those in Luxor who help in making my internship as memorable in so many ways as it was. They are Mr. Abdelwahab Elabd, Mrs. Wendy Parker-Robison (Hospitality & Tourism Instructor at National Academy Foundation), Mrs. Karen Ndour (Principal of National Academy Foundation High School), Mr. Ehab Gaddis, Mr. John R. Pearce, Mr. Sameh Abd El Messiah, and the entire employers at Gaddis Hotel.

Daniel Muchai & Mr. Ehab Gaddis



Daniel Muchai & John Pearce