



SYNC

ADVANCED
STEW
PACKAGE

ADVANCED STEW PACKAGE

This package is designed to equip you with a comprehensive set of skills needed to confidently land your dream Stew position, setting you up for long-term success and paving the way for your future leadership role in the industry.



WHO IS THIS COURSE FOR?

Eager to stand out in the yachting world? This package is your ticket to gaining the ultimate competitive edge.

Not only will you get the essential regulatory training to kickstart your career as a Stew, but you'll dive deeper into the skills that will set you apart.

This isn't just about landing a job — it's about preparing you for the leadership role you've always wanted. Whether you're setting your sights on luxury yachts or smaller vessels where you can shine as a key crew member, these courses are designed to turn your aspirations into reality.

No prior experience in service? No problem! This course is perfect for those eager to build a rock-solid foundation and rise through the ranks, becoming a trusted leader and teacher in the yachting world.

Professional
Mixology /
Bartenders
course

WSET Level
1+2 in
Spirits

Professional
Barista
course

WHAT THIS COURSE COVERS

Manilla'10
Compliant
STCW + DSD
Basic Safety
Training

Superyacht
Stew course

Highfield
Food Safety
Level II

SUGGESTED ADD-ONS:

**Advanced
Tablescaping,
Service and
Interior
Management
(2 days 1:1)
Customised to
your needs**

**RYA
Powerboat
Level II**

**SAMSA
VHF Radio
Course**

**WSET Level II
in Wines**

**RYA PWC
(Jet Ski)**

**SEE DROPDOWNS FOR
MORE INFORMATION**

SUPERYACHT STEW COURSE



After completing the SYNC Superyacht Stew course you will be skilled in silver service, flower arranging, wine pairing, barista skills, table setting and all areas of interior yacht maintenance which will be applied on a Superyacht.

Not only will you be proficient in what is required of you as a Stewardess / Steward, but you will know exactly what Captains want, which type of yacht is ideal for you, and how to get where you want to go in the superyacht industry.

This preparatory course is perfect to feel confident joining the Superyacht industry as a Stew guided by experienced Chief Stewardesses.



DURATION

5 days

SUPERYACHT STEW COURSE

COURSE CONTENT

- Superyacht Industry Overview: Realities, onboard systems, and hierarchy and yacht Familiarisation
- Job Hunting, Contracts & Safety
- Onboard Safety
- Wine & Mixology
- Service Skills
- Housekeeping
- Laundry Mastery
- Floral Design
- Guest Service
- Visa Guidance
- Crew Networking
- E-SIM Discounts
- Financial Advice



FOOD SAFETY LEVEL II

The Highfield Food Safety Level 2 is a widely recognized food safety certification that provides essential knowledge for anyone involved in the preparation, handling, or serving of food. It is particularly important for those working in the food industry, including restaurants, hotels, catering businesses, and other food-related environments, as well as on superyachts and cruise ships. Public confidence in terms of food safety is a major concern for any business in the food sector.

It is a requirement that anyone involved in food handling on board an MCA approved vessel must be appropriately trained in food safety. This is for anyone working with food in any capacity, including kitchen staff, chefs, food handlers and catering staff in the hospitality industry, superyacht crews, or catering businesses. It's suitable for people who have basic knowledge of food handling and wish to ensure they meet food safety regulations and standards.



DURATION

5 days

FOOD SAFETY LEVEL II

COURSE CONTENT

- Introduction to food safety.
- Microbiological hazards.
- Food poisoning and its control.
- Contamination hazards and controls.
- HACCP from delivery to service.
- Personal hygiene.
- Food premises and equipment
- Food pests and pest control.
- Cleaning and disinfection.
- Food safety enforce



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STCW + DSD

STCW + DSD is a vital convention that standardised the training, certification, and working conditions of seafarers worldwide to improve maritime safety and ensure that those working at sea are properly prepared for their duties.

STCW stands for the International Convention on Standards of Training, Certification, and Watchkeeping for Seafarers. It is a key international maritime treaty established by the International Maritime Organization (IMO), which sets standards for the training, certification, and watchkeeping of seafarers to ensure that they have the necessary skills and competence to work safely and effectively on ships.

This is required by anyone working on a commercial vessel, including officers, engineers, ratings, and other crew members. To ensure their vessels are compliant with international maritime standards and that their crew is properly trained. Key Aspects include Training Standards, Certification, Watchkeeping, Safety and Emergency Procedures, Medical Fitness and Seafarers' Rights.

DURATION

11 days

STCW + DSD

COURSE CONTENT

- Personal Safety & Social Responsibility (PSSR)
- Elementary First Aid (EFA)
- Personal Survival Techniques (PST)
- Marine Fire Fighting (MFF)
- Designated Security Duties (DSD)



PROFESSIONAL MIXOLOGY / BARTENDERS



The Professional Mixology Bartenders Course offers skills and knowledge that can greatly benefit a Stew on board a superyacht, particularly when it comes to providing high-quality service and catering to the specific needs of yacht guests.

This course will prepare you for the WSET level 1 Award in Spirits. The WSET is an internationally recognised qualification that will be invaluable.



DURATION

5 days

PROFESSIONAL MIXOLOGY / BARTENDERS

COURSE CONTENT

- Cocktail Preparation
- Knowledge of Spirits & Liquors
- Guest Service Excellence
- Speed & Efficiency
- Creative flair in presenting drinks
- Understanding responsible alcohol service, ensuring the safety and well-being of guests,
- Elements of working with international clientele, which is essential for stews on superyachts, as they often serve guests from diverse backgrounds.
- A Stew who has bartender training can provide a higher level of service, ensuring guests enjoy expertly crafted cocktails, wines, and other beverages. Confidence in serving drinks, whether it's a formal wine tasting or casual cocktails by the pool.
- Bartender training teaches speed and accuracy, which are critical when working in the fast-paced, high-demand environment of a superyacht.
- Knowledge of premium cocktails, wine pairings, and innovative drinks.



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PROFESSIONAL BARISTA

This course is perfect for beginners and Intermediate Baristas looking to expand their skills, or enhancing their service skills as a Stew on board a superyacht and stand out in the industry.

This course not only covers the practical side in more detail and with more coffee beverage options, such as iced and blended drinks, but also covers different coffee types and brewing methods as well as some coffee cocktails. Included is Latte art.



DURATION

5 days

PROFESSIONAL BARISTA

COURSE CONTENT

- Tools of the trade
- Introduction to coffee beans
- Espresso machine setup and calibration
- Perfect espresso extraction
- Milk stretching, texturing, and basic latte art
- Preparation of all espresso-based beverages
- Barista lingo and etiquette
- Specialty coffee brewing techniques
- Latte art techniques and practice sessions
- Unusual coffee beverages (hot and cold)
- Blended coffee drinks, iced drinks, and coffee cocktails

Practical Focus

- ❖ More coffee beverage options and detailed hands-on training
- ❖ Advanced latte art and coffee presentation
- ❖ Written and practical exams based on National Barista Championship rules
- ❖ Blending your own coffee bean varieties
- ❖ Costing coffee beverages



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WSET LEVEL 1 + 2 IN SPIRITS

Once you have completed the Professional Mixology / Bartenders course you are fully prepared to take the WSET Level 1 in Spirits exam directly after the course.

This prepares for for the WSET Level 2 in Spirits.

The WSET Level 2 Award in Spirits covers the main categories of spirits and liqueurs and examines the influences of production methods on the different styles available in each category. Throughout the course, you'll develop analytical tasting skills while exploring the use of spirits in cocktails.

The knowledge gained on this course will be a significant advantage to anyone working with spirits in both the on- and off-trade, and the course is also perfect for spirits enthusiasts wanting to learn more about the product behind the brand.



DURATION

3 days

WSET LEVEL 1 + 2 IN SPIRITS

COURSE CONTENT

- Spirits production methods and how they affect style and quality
- The characteristics of the main styles of spirits and liqueurs
- The major global spirits brands
- Tutored tastings of around 40 spirits and liqueurs (classroom courses only)
- How to taste and describe spirits using the WSET Level 2 Systematic Approach to Tasting Spirits® (SAT)

You will be able to identify how key raw ingredients and production methods influence the style and quality of the key spirits and liqueurs of the world and confidently provide guidance on the use and service of spirits and make informed recommendations to guests on board when selecting spirits and liqueurs to meet their taste requirements.

NB: International exams. All students who pass the examination will receive a WSET certificate and lapel pin. This qualification is Ofqual regulated.



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GET IN TOUCH FOR MORE

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