



LAKE AUSTIN
SPA RESORT

Culinary Externship Guidelines

Lake Austin Spa Resort
1705 S. Quinlan Park Rd
Austin, TX 78732
512-372-7300

Lake Austin Spa Resort Description:

Lake Austin Spa Resort, a premier lakefront destination spa nestled within the Texas Hill Country, is the ultimate spa retreat for those seeking rejuvenation and health for the mind, body, and soul. Recently rated a Top Ten Spa, *Travel + Leisure* World's Best Awards 2006, this luxury lake resort pampers guests with 25,000-square-feet of pure relaxation at the LakeHouse Spa. In tradition with being a true health spa, Lake Austin offers delicious spa cuisine and a menu of activities. A variety of spa vacation packages and day packages are also available to help guests make the most of their spa experience.

Awards

- # 1 Destination Spa – North America, *Condé Nast Traveler* Reader's Choice Awards 2008
- # 2 Destination Spa – North America, *Condé Nast Traveler* Reader's Choice Awards 2007
- Top 5 Spa, *Zagat Survey* 2007, 2006, 2005, 2004 and 2003
- Top 15 Spa, *Travel + Leisure* World's Best Awards 2007, 2006 and 2005
- Top 10 Spa, *Celebrated Living* Magazine 2007 and 2006
- Top spa in six categories, *Spa Finder* 2007

Culinary Department Overview

We have long been renowned for our healthy spa cuisine, created by Lake Austin Spa Resort's Executive Chef, Terry Conlan. Vivid colors, wonderful textures and bold flavors turn each meal into an anticipated event. At Lake Austin, an array of dishes and cuisines from around the world help guests discover that "healthy" and "delicious" are at home together.

Culinary Management Staff: **Terry Conlan**

As executive chef at Lake Austin Spa Resort since 1992, and with 30 years of experience at mainstream restaurants in Austin, ranging from barbecue to New Orleans, Caribbean, Mexican and Continental cuisine, Chef Terry Conlan's philosophy is to produce healthy,

low-fat food that people will enjoy eating, and will be able to maintain as part of an overall healthy lifestyle...not as a short-term diet.

- *250 total employees at LASR*

Internship Benefits:

- Spa discounts
- Access to all classes and lectures
- Cooking school, famous authors, guest instructors
- Beautiful environment
- Access to our newly renovated Training Room with new Cybex equipment overlooking the lake

Everyday Assignments

- To gain practical knowledge of the resort environment with the goal of employment in the field after graduation.
- Our goal for our externs is for them to gain practical experience in a destination spa kitchen.

As an intern you will be expected to:

- Attend the Resort orientation
- Develop an understanding of a destination spa
- Meet general expectations of all LASR employees
- Meet specific expectations for Culinary staff
- Meet any school requirements
- Provide proof of your school's student workers compensation insurance

Days/Week, hours:

- Externs will work with Terry to decide on a schedule. Ideally it should cover all meal times and include at least one group function.
- Everyday is different, new challenges, new guest requests and occasional special groups.

Non-paid

- This is a non-paid internship

Housing

- Housing is not provided. You must have your own housing in the Austin area.

Contact Information

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OR Terry Conlan, Executive Chef 512-372-7261 Email: tconlan@lakeaustin.com