

# ■■ Roadmap: From IHM Bengaluru to a Cook Job in the USA

## ■ Education (IHM Bengaluru)

- Complete B.Sc. in Hospitality & Hotel Administration or diploma.
- Specialize in Food Production (Kitchen).
- Do industrial training in reputed hotel chains.
- Learn multi-cuisine cooking (Continental, Italian, International).

## ■ Language Requirement

- English is mandatory (spoken + written).
- IELTS/TOEFL not always required, but strong communication is essential.

## ■ Visa Pathways for Cooks

### A) H-2B Visa (Temporary Non-Agricultural Worker)

- Seasonal work in hotels, resorts, theme parks.
- Up to 9 months, renewable.

### B) J-1 Visa (Internship/Trainee)

- For fresh graduates/recent pass-outs.
- 12 months (intern) / 18 months (trainee).

### C) H-1B Visa (Skilled Worker)

- Rare for cooks, mostly for specialized chefs.

## ■ Experience Required

- J-1 Visa: Fresh graduates eligible.
- H-2B Visa: Usually 1–2 years' experience required.
- H-1B Visa: 3–5 years' experience + specialization.

## ■ Salary in USA

- Entry-level Cook: \$30,000–\$35,000/year.
- Experienced Cook: \$35,000–\$45,000/year.
- Sous Chef / Chef de Partie: \$45,000–\$60,000/year.
- Hourly rate: \$14–20/hr + overtime.

## ■ Accommodation & Meals

- Hotels rarely provide free accommodation (except seasonal jobs).
- Shared housing: \$400–700/month.
- Own 1BHK: \$1,000–1,800/month.
- Staff meal: Usually 1 free meal per shift.

## ■ Work Hours & Conditions

- Standard: 40 hours/week.
- Shifts include mornings, evenings, weekends, holidays.
- Overtime: 1.5x pay after 40 hrs/week.

## ■ Leave & Benefits

- 2 weeks paid vacation after 1 year (average).
- Sick leave varies by state (5–10 days typical).
- Employer usually provides health insurance.
- Some hotels offer 401(k) retirement plan.

■ Action Plan

1. Complete IHM Bengaluru (Food Production specialization).
2. Improve English communication.
3. Gain 1–2 years' work experience in India (5-star hotels preferred).
4. Apply for J-1 Internship (fresh graduates) or H-2B Visa (with experience).
5. Move to USA → Work full-time → Gain experience + build network.
6. Upgrade to senior positions → Employer may sponsor H-1B.
7. Explore Green Card/PR opportunities later.

■ Roadmap: IHM → English → Experience in India → J-1 or H-2B Visa → Cook Job in USA → Gain Experience → Higher Role → Sponsorship → PR