



+44 78 82400 252 (whatsapp & Phone)  
candicerick9@gmail.com



D.O.B 23.03.1991  
British Passport  
South African Passport  
B1/B2 Visa  
Cayman Island & UK Seamans Book  
Non-smoker, Excellent Health  
ENG1  
English, Afrikaans  
Available: Immediately  
📍 United Kingdom



CTH level 2 in Culinary Skills- Ashburton  
IYT Supercrew Stewardess training  
Superyacht deckhand course(SYSA)  
Food Hygiene and safety level 2  
RYA Radar  
RYA PWC license (jetski)  
STCW 2010  
RYA Diesel Engine  
PADI Divemaster  
Powerboat level II  
Cayman Islands Seamans Book  
United Kingdom Seamans Book  
Kettlebell & fitness Instructor  
200TT (yoga alliance) Yoga Instructor  
BSoc Environmental management degree

#### SKILLS & Hobbies



Yoga	Free diving/ Scuba diving
Hiking	Videography
Fitness	Photography
Plant-based Nutrition	Child care & minding
Horse Riding	Organisation & team management

# CANDICE ELIZABETH RICK

## COOK / STEWARDESS

### PERSONAL PROFILE

Having been in the yachting industry for 7 seasons, covering cook, stewardess and deckhand I feel I have valuable skills to add to any vessel. I have experience working independently and in a leadership role. I strive to give the best service, organisation and attention to detail as possible and enjoy adapting to various situations. My career has led me more into the cooking role onboard and I have enjoyed this very much and would like an opportunity to work under a head chef or as a sole cook on a smaller vessel. I see myself as a healthy, active, kind and motivated woman and would love to join a team with similar attributes.

### YACHT EXPERIENCE

#### M/Y MX5 | 26m Pershing Cook

10 May- 10 October 2022 | Private/Charter | French Riviera / Med

- Duties: food preparation, menu planning, budgeting and provisioning on board for up to 10 guests and 3 crew.
- I was responsible for meeting the owner or charter guests preferences which were light Mediterranean meals, family style and tapas style. When guests of the owner joined, a higher standard was required for meals.
- I would help on deck and the interior when I was able.
- I managed the interior work with the stewardess

#### M/Y Deep Sea | 33m Sunseeker Stewardess

27 August- 8 September 2021(temp) | Private | French Riviera / Med

- Performed all interior duties and service. Worked well alongside the chief stewardess.

#### M/Y Africa Dream | 23m Leopard Stewardess/ cook

12 July- 25 August 2021 | Private | French Riviera / Med

#### M/Y Little One | 23m Baia Stewardess/ cook

1 April- 31 September 2019 | Private/ Charter | French Riviera / Med

- Performed all interior & exterior duties similar to the previous boats I worked on.
- Cooking was more simple, preparation of canapés and light Mediterranean meals.

#### M/Y TORITO | 23m Arcadia Stewardess & cook

May- October 2016-2018 | Private | French Riviera / Med

- I worked on this boat for 3 consecutive seasons.
- First & second season I performed all interior and exterior duties including basic laundry, detailing interior, service, inventories, decor, cabin turn overs, beverage service, handling lines and fenders, use of VHF radio system, wash downs, watch-keeping, anchor and windlass operating, tender driving and maintenance with the deckhand.
- In the third season I became the chef. Cooking entailed cooking for up to 10 guests and 4 crew, provisioning, budgeting, meal planning and meeting the needs of the owner and his guests. I prepared Italian, French, Spanish, Vegan/Vegetarian food.

### REFERENCES

#### Julian Schuller | Captain | M/Y MX5

julianschuller@outlook.fr | +33 6 42 07 78 47

#### Thibault Frise | Captain | M/Y Deep sea

crewlittleone@gmail.com | +33 778312196

#### Samir Birrou | Captain | M/Y Africa Dream

samtk@hotmail.fr | +33 626071675