

TESTIMONY OF TANIA SEJAS



My name is Tania Sejas, I am single and have been studying the career TECNICO SUPERIOR EN GASTRONOMIA at CEFIM during the last three years.

I live at EL ALTO suburb, every day I travel around 1 ½ Hour from my home to CEFIM and 1 ½ Hour to go back. I travel by public transport and that makes it fun, but sometimes a little hectic because I have to cross from East to West La Paz city. This semester I performed 160 working hours of practice at LA ESPECIERIA, a complete new experience for me because I come from a rural family background.

I first worked in the production area (my favorite) producing new bakery products such as cinnamon rolls, different Andean grain bread and cakes.

Twice a week I was also in charge of sales and customer service, that part was harder for me since I am a little shy, on the other hand I am very conservative and I enjoy a lot listening to LA ESPECIERIA client's feedback concerning the products that I bake.

Some days I end up very tired because baking and selling products could get exhausting, the good thing about it is that I enjoy and time goes fast.

During all this semester I put in practice what I learnt at CEFIM Biosafety cooking and bakery course. The knowledge that I obtained I put into practice immediately and I also helped my family to see the future with optimism, the techniques helped me also to implement biosafety rules and protocols on my own activities, sometimes with no need of supervision.

I am glad that I had this opportunity of working at LA ESPECIERIA because I gained lots of experience, there were days that I was in charge of the entire business! AND I FEEL NOW THAT I AM ABLE TO DELIVER ORDERS ALSO ON MY OWN.

