



Request for a Stage, Internship or Work Placement

We do accept and organise stages, internships and work placements* but strictly on a shadowing basis and not as a working day.

The places are unpaid and there is no expectation that you will join the team and work alongside them; your day will be as an observer.

We offer limited places for professional chefs only. If you are interested, please contact careers@tommybanks.co.uk and let us know the following details:

Your name

Your email address

Date you would like to visit

Which restaurant – Roots, The Black Swan or The Abbey Inn

Your address

Your contact telephone number

An Emergency Contact – their name, relationship to you and contact number.

If accepted, there will be a half-hour introduction to the site you choose with a briefing on specific company policies, risk assessments and fire evacuation procedures, which will take place before the start of your day with us.

* this information does not apply to educational work placements for school or college pupils.