Position Details

Overview

Position Title: *Bar Harbor Regency Holiday Inn-Prep Cook/Kitchen Helper-Sum27*

Position Code: *PC1649651*

Host Company Name: *Bar Harbor Regency Holiday Inn*

Host Company Description:
The Bar Harbor Regency is found on one of the most beautiful settings in Bar Harbor, Maine, residing on the gorgeous oceanfront. The Regency is conveniently located near the entrance of Acadia National Park and one mile from downtown Bar Harbor.

The Bar Harbor Regency Holiday Inn is NOT your typical Holiday Inn. The resort includes a pool overlooking the ocean, waterfront dining, and is the perfect location for weddings and other special events.

Your summer at Bar Harbor Regency will be one you will never forget! You will be able to gain excellent guest service and hospitality skills in one of the most picturesque settings in the United States

City: *Bar Harbor*

State: *ME*

Gender Preference: *No Preference*

English Level: *Advanced*

Minimum Age: *18*

Earliest Start Date: *6/15/2027*

Earliest End Date: *9/30/2027*

Latest Start Date: *7/1/2027*

Latest End Date: *10/10/2027*

Position Details

Average Hours/Week: *32*

Typical Schedule:
You will work a variety of morning, afternoon and evening shifts. Your schedule will vary week to week depending on the needs of your employer.

It may not be possible to have a set schedule each week. Working on the weekends and holidays is required.

Additional Hours Details:

Position Description:
The Prep Cook / Kitchen Helper works in the kitchen and helps with communications between the back of the house (kitchen staff) and front of the house (serving staff).

Prep Cook / Kitchen Helper Duties

- *Helping prepare the dishes that are served,*

- *Bulk preparation of various food items & vegetables*
- *Storing food, food preparation, plate presentation, portion control, and maintaining sanitation standards.*
- *Help communicate orders and information between the front of house and back of house*
- *Restocking station making sure you have all the products and garnishes for service.*
- *Setting up and breaking down expo station. Cleaning, sweeping and organizing*

You must arrive by the date agreed upon at the job fair.

Advanced English skills are required.

SECOND JOBS:

It is possible for participants to obtain a second job, but the second job must not interfere with the schedule for your job at Bar Harbor Regency.

Intrax participants are not permitted to work a second job without first receiving approval from Intrax.

Required Duties: **Food preparation (chopping menu items and vegetables)*
**Storing food properly*
**Plate presentation*
**Cleaning, sweeping, and organizing expo and kitchen areas*

**Other duties as assigned*

Skills Required:
Excellent organizational and multi-tasking skills will be needed. Must be able to work on your feet for long periods of time. Must be able to work in a very fast paced environment. Must be able to lift up to 50 pounds. Must have advanced/fluent English.

Supplies Required:
Uniforms will be provided. Employees must present a neat and clean appearance at all times and must be in their uniforms when they clock-in and while working. Please bring black non-slip shoes.

Supplies Cost:

Company Policies: *Reserves the right to conduct random drug testing.*

Interview Required?: *Yes*

Additional Information:

Training Dates:

Different Training Period Wage:

Physical Demands:
Must be able to stand for long periods of time; Must be able to work outdoors; Must be able to work with cleaning and sanitation products; Performing duties which require bending, reaching, and/or lifting; Lifting & transporting up to 25/30/50/100 pounds

Drug Testing Requirements:

Meals Included:

Transportation:

Host Placement - Related Costs:

Benefits Provided by Host:

Pay Rate: *USD 17.50*

Pay Frequency: *Weekly*

Pay Notes: *Overtime may be available during peak times but is not guaranteed.*

Overtime Available? *Yes*

Overtime Rate: *26.25*

Days Before Start of Work: *0*

Tipped Position? *No*

Accepts Couples? *Yes*

Accepts Groups? *No*

Second Job Allowed? *Yes*

Company Provided Housing? *Yes*

Arrival Information

Recommended Airport: *Boston, Massachusetts - Logan Airport*

Nearest Bus Station: *Bangor, Maine Concord Coach Lines: https://concordcoachlines.com/stop/bangor-me/*

Nearest Train Station: *This is not the recommended mode of transportation.*

Transportation to Company:
You are responsible for your own transportation to and from work every day, unless otherwise indicated.

Free transportation is provided beginning the third week of June by the Island Explorer: http://www.exploreacadia.com/routefinder.htm .

Your employer will provide transportation for early morning shifts as well as a ride home after a late evening shift.

Reporting Instructions:
Please plan on arriving in Bar Harbor Monday –Friday before 5:00PM to check into employee housing.

If you arrive in Bangor late in the day (After 5:00PM), please make arrangements to stay in a hotel in Bangor and come to Bar Harbor the next day.

Our hotel in Bangor is the Fairfield Inn. You may call for reservations to 207 990 0001. A discounted rate of $59.00 will be available if the hotel is not full. Be sure you give her the names of all guests and how many rooms you will need.

Travel Instructions:
Please arrive to Logan Airport in Boston, MA. From any terminal at the airport, take the Concord Coach bus line to Bangor, Maine. The bus ride is between 4.5 and 6.5 hours depending on traffic and a ticket costs about $45. https://concordcoachlines.com/

Transportation from Bangor to Bar Harbor is available on the Bar Harbor-Bangor Shuttle. You may make reservations by email--reservations@barharborshuttle.net or calling 207 479-5911. The cost for this is $55.00.

Nearest Social Security Office: *Nearest Social Security Office:*
Address: 202 Harlow St, Bangor, ME 04401
Phone: (877) 405-1448

Employer will provide transportation to Social Security office soon after arrival

Social Security Instructions:
Please check in on your MY INTRAX account the day you arrive in the United States. You must wait 5-7 days, after checking in with Intrax, before you can apply for a Social Security card.

Area Information

Area Information:
Bar Harbor is a small city located on Mount Desert Island in Maine. It is a famous summer tourist destination for Americans and Canadians. The downtown area is lined with shops and restaurants. The island is also home to one of the United States' most beautiful parks: Acadia National Park.

Climate:
Summers in Bar Harbor are usually warm and humid, but please be prepared for windy and cool nights, since it is located on the ocean. In the beginning of June and in September it will not be very hot (70 Fahrenheit or 21 Celsius), but temperatures in July and August can be warmer (80 Fahrenheit or 26 Celsius).

Nearest Major Cities:
Bangor, Maine: 1.25 hours by car
Portland, Maine: 3 hours
Boston, Massachusetts: 4.5 hours

Cultural Opportunities:
Bar Harbor is the perfect destination for a fun summer in the United States! You'll have plenty of opportunity to explore the beautiful natural settings and enjoy some nightlife too!

Be sure to visit:

**Acadia National Park for a day of hiking, swimming, camping, or just relaxing in nature.*

**Mount Desert Island Oceanarium for a tour of a salt marsh, Lobster Museum, and Lobster Hatchery*

**Reel Pizza Cinerama to watch a movie and eat tasty pizza on rainy day.*

**Walk downtown for shopping, dining out, or enjoying a night at the pub with friends.*

**Go on a Whale Watching Tour*

**Visit Village Green to rest after all of your exploring and watch the sunset over the harbor.*

Website: *http://www.barharborregency.com/*

Additional Website Info:

Accomodation Option: Bar Harbor Resorts Employee Housing

Company Arranged: *Yes*

Company Recommended: *Yes*

Description:
There are different housing locations, within 1-2 miles of your work site. Housing is usually dormitory style, and you will be sharing a room with other employees. There is a laundry facility and kitchen.

All buildings are non-smoking with a strictly enforced designated smoking area. Drinking alcohol is not allowed in housing.

Drinking anywhere on property or smoking outside designated smoking may result in further action, including eviction.

Quiet hours are 10pm-8am and strictly enforced by security guard and security cameras. Failure to comply with quiet hour restrictions and security guard's directives may result in further action, including eviction.

Common Areas are provided with scheduled times of availability.

Housing is not assigned until May. If you have a roommate request, you must notify your employer BEFORE May 1.

Estimated Weekly Cost: *USD 150.00*

Additional Weekly Cost:

Additional Cost Description: *Rent is $150 per week. A $100 deposit is due upon arrival plus the first week's rent.*

Commute Options: *Walking; Bicycle; Bus*

Commute Cost: *USD 0.00*

Company Provides Transportation: *No*

Estimated Distance to Company: *1-2 miles*

Gender Restrictions: *None*