

A thank-you from Brienna Belfrage-Young, on behalf of the Junior Chefs -

I wish to extend a massive thank you to Cassandra Austin of the Women's Leadership forum, the members of ACF Victoria, and Belinda Santa of William Angliss Institute, for giving me this incredible opportunity and supporting me emotionally and financially for the Congress and beyond!

Going to the Congress in Greece has been one of the greatest experiences of my life! I honestly couldn't pick one favorite moment above all the rest. But there definitely were a few times that were quite special. I loved the ice-breaker night and how, since we were all either chefs or had a close connection to the industry, it was like a gap was bridged between us that gave me the courage to speak to people that I've never met, that I otherwise would have felt too shy to strike up a conversation with.

It was also great how us young chefs had the opportunity to speak one on one with guests such as Titti Qvarnstrom, Argiro Barbarigou and Herve this, each speaker providing vastly but insightful talks from Nordic cuisine to the concept of Note by Note cooking. To say it was inspiring would be an understatement.

And sometimes it was the little things that stood out on the trip, and they were usually food for me. Like the ice-breaker night I tasted fish that quite literally melted in the mouth like butter straight off the bone, I tried Trigona and Bougatsa for the first time, and found myself savouring

something as simple as grapes from Zeus farms that were so sweet and crispy that I enjoyed them like a fine dessert. I had freshly made olive oil and discovered it to be near fluorescent green! I even tried a leaf from Koppert Cress that tasted like cheese!

And then there were the chefs, I had never met and conversed with so many in all my life and it was truly mesmerizing. I interacted with men and women that were legends in their own right and I didn't even realize it. I ate too much, laughed the days away and danced until my feet hurt. And I found friends in awesome people from the Young Chefs Club that I'll sorely miss. Four days does not even come close to being enough time to have seen and done it all but I'm so grateful that I had the chance all the same and come hell or high water I will get myself to the next one!!!!

