



In the shoes of a scholarship recipient

MATTHIEU FREY



20 years old

Bachelor in International Culinary Arts Management

“ My name is Matthieu Frey, I'm 20 years old and I'm from Sainte-Marie de Ré. I am in the 2nd year of the Bachelor's degree in Culinary Arts and Hospitality Management. Before Institut Paul Bocuse, I took a Scientific Baccalaureate specialising in Biology, then took a CAP certificate in Cooking for 1 year on a sandwich course in order to acquire solid foundations. I'm passionate about cooking of course, but not only that, surfing, photography and scuba diving are also part of my day-to-day activities.

I chose Institut Paul Bocuse because I wanted to join an environment characterised by rigour and excellence. And also, for its reputation and the diversity of the Institution in terms of nationalities, which is a key part of the school's rich identity and the very heart of the extended Paul Bocuse family.

One very good souvenir since my arrival is quite simply the amazing adventure in which I took part with Chef Romain and the Association of World Chefs in Lyon. I participated with my 2nd and 3rd year classmates in making soups and selling them in Lyon on a Sunday in December 2019, to raise funds for the "Le Petit Prince" association. I met chefs, members of the general public and other lovely people during an event that was filled with **emotion, hard work, sharing and good humour: which is what defines the very essence of cooking** for me.

Thanks to my bursary, I've been able to reduce the costs of my bank loan and, above all, be more serene and more focused on my studies. This allows me to feel more reassured and not have to think immediately about finding ways of repaying my loan, so a sort of heavy burden is lifted. If I took out a bank loan, it's simply because I didn't want to deny myself access to higher education studies and above all to my dream of becoming a top chef.

I would like to thank the Foundation's patrons. They are not necessarily obliged to make donations for the students but they do it anyway. It is **thanks to them that every day we work so hard and that we have an even greater sense of the value of hard work, sharing, respect and recognition.** It is also partly thanks to their support that we have access to such studies and above all to our dreams, no matter which programme we have chosen.