



AUSTRALIAN STUDY LINK INSTITUTE

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ASLI NEWSLETTER

Message from CEO

As we embrace the joys of summer students eagerly flock to the beaches to enjoy the sunshine, it's paramount to prioritize their safety, particularly in and around the water. Sadly, water-related incidents including international students have become a pressing concern here in Victoria, with 20 lives lost to drowning since December 1, 2023 marking an 18% increase compared to the five-year average. In light of these figures, we want to emphasize the importance of water safety knowledge for everyone, especially those enjoying Victoria's stunning coastline. That's why Life Saving Victoria's Diversity and Inclusion team is here to support you with interactive and educational water safety programs tailored specifically for international students. Their arranged programs are listed below.

Beach Program: Join this for a practical beach excursion designed for both low and non-swimmers. Held at a beach venue of your choice, this program offers hands-on learning in a safe environment. Available at various beaches within Port Phillip Bay and some on the Surf Coast. Contact directly to Life saving Victoria for pricing details. Summer season ends on Thursday 28 March 2024.

Meet a Lifeguard: Engage in an interactive water safety presentation led by experienced lifeguards. Whether in a lecture theatre or classroom setting, this session provides valuable insights and tips for staying safe in the water. Best of all, it's currently a free program! Don't miss out on this opportunity as it's Available until the end of the financial year June 30, 2024.

Life Saving Victoria's standalone Diversity and Inclusion team are specialists in educating people new to Australia and deliver these programs to over 20,000 culturally and linguistically diverse participants annually.

To Book In: Call Blair Morton, LSV Diversity and Inclusion Coordinator: 0436 932 173 ; Email: blair.morton@lsv.com.au
Fill out a booking request form [here](#)

Let's make this summer memorable for all the right reasons. Stay safe, stay informed, and enjoy your time by the sea!



*Pawandeep Singh Aulakh
Chief Executive Officer*

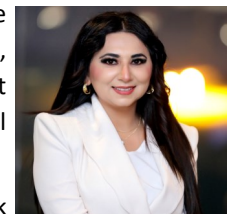
Exciting March Events: International Women's Day Celebration and Student Spotlight

As we look ahead to next month, it promises to be bustling with social events alongside our usual curriculum. Mark your calendars and get ready to join us for a morning tea celebration in honour of International Women's Day on Friday, March 8th, 2024. Additionally, stay tuned for updates on our Easter celebration at ASLI (the exact date is yet to be announced).

On International Women's Day one way to show your support and solidarity is by wearing clothes in the colours purple, green, and white. These colours symbolize justice, dignity, and hope, reflecting the ongoing fight for gender equality. By wearing these colours on March 8th, you are not only honouring the women but also reaffirming your commitment to advancing gender equality in our society. Let's come together as a community to celebrate the achievements of women and to recognize the importance of equality for all. Save the date and wear your purple, green, and white attire proudly on Friday, March 8th, 2024!

Additionally, we're thrilled to announce that, as promised in our previous newsletter, we have dedicated a segment to our students. The response from our hardworking and dedicated students has been incredible. I can't express the joy and gratitude I feel when our students eagerly knock on my office door to share their ideas for the column. Your motivation fuels ours, and we feel fortunate to have such an amazing students at ASLI. You can find our very first student article on the last page of our newsletter, written by our beloved student, Miss Maria Camila Carmona!! Camila, we cannot thank you enough for being the first to embrace our idea and bring it to life. Your courage and initiative have truly made a difference, and we are so grateful for your contribution.

Together, let's continue to inspire and uplift one another as we journey towards success. Thank you, Camila, and thank you to all our students for making ASLI the amazing place that it is!



*Roopsirat K Sekhon
Campus Manager*

A Dive into the Michelin Star Rating System and its Equivalents.

Great cooking is an art chefs spend years of their lives training to become the best, perfecting their menus, and setting up their own restaurants. Every once in a while, a particularly talented chef sets up a particularly amazing restaurant, foodies and critics alike flock to it, and a new favourite is born. While that kind of success is rare, there's an even higher honour that every chef aims for but only a select few will ever receive in their lifetime: a Michelin star.

What is the Michelin star rating system?

The Michelin star system, also called the Michelin Guide or Red Book, rates the best restaurants worldwide, awarding up to three stars. Initially created by Michelin in the early 1900s to promote travel and culinary exploration, it's now a prestigious measure of a chef's talent and often boosts business significantly.

How are restaurants judged and given stars?

Michelin employs inspectors who anonymously visit restaurants, assessing quality. Reports are compiled annually, and stars are awarded at national offices' meetings. The rating system ranges from one to three stars: one for very good, two for worth a detour, and three for worth a trip. Top Michelin-starred chefs include Joel Robuchon(31 stars), Alain Ducasse (21 stars), and Gordon Ramsay (16 stars).

Other rating systems in Australia

Australian restaurants don't have Michelin stars because there's no Michelin Guide for Australia; it covers Europe, Asia, and America. Instead, Australia has the Chef Hat Awards. Restaurants are rated from 0 to 20 and then awarded a number of hats which correspond to a number of Michelin stars. Here's a breakdown of the Chef Hat system:

- 12-13 points: a good restaurant
- 14-15 points: one hat, worth a stop (similar to one Michelin star)
- 16-17 points: two hats, worth a detour (similar to two Michelin stars)
- 18-19 points: three hats, worth a trip (similar to three Michelin stars)



***Gulbeem Dhillon
Training Manager***

Important Dates for March 2024

- ⇒8: International Women's Day
- ⇒14: Orientation for March intake
- ⇒15: March intake CoE start date
- ⇒15: March fee due date
- ⇒29 to 1 April Easter 2024

Important Scam Alert: Protect Yourself Against Fraudulent Emails

Now let's bring to your attention a recent scam email circulating with the subject "New message from (They use certain students' names to attract your attention)." As advised you all last week this email is a blatant scam, and ASLI has no association with it whatsoever. Please refrain from engaging with this individual and promptly delete the email to mitigate any potential risks.

We need to be cautious when interacting with strangers, whether it's over the phone or through email, because scam emails are widespread. Study Victoria recently warned international students, especially those from China, about the recent scams. Both Study Victoria and the Victoria Police have highlighted the risks, especially for Mandarin-speaking individuals. It's crucial to stay alert and cautious. Victoria Police has provided additional resources, including posters and an informative interview with SBS Mandarin. Be sure to check them out:

SBS Mandarin website: <https://www.sbs.com.au-avoiding-chinese-authority-scams-tips-from-victoria-police>

Apple podcasts: [Apple Podcast SBS Mandarin Interview- Avoiding Chinese Authority Scams- Tips from Victoria Police](#)

Facebook links: [Facebook- SBS Mandarin Interview- Avoiding Chinese Authority Scams- Tips from Victoria Police](#)

Video link: <https://www.facebook.com/sbschinese/videos/7365646343456574/>

Twitter links: [Twitter- SBS Mandarin Interview- Avoiding Chinese Authority Scams- Tips from Victoria Police](#)

video link: <https://twitter.com/sbschinese/status/1749658215720124866>

The previous information and warning material that Study Melbourne has sent, remains live and accessible via the below links:

English and Mandarin videos (YouTube links below) warning of these scams.

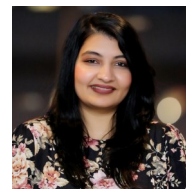
English Version <https://youtu.be/CNAPS35LMnI>

Mandarin Version <https://youtu.be/SfrXsK1tb1U>

Further information on these scams can also be located on the Victoria Police website:

[Cybercrime and online scams | Victoria Police](#)

Let's stay informed and look out for one another as we navigate through these challenges together.



***Meera Shah
Training Department***

Navigating the Culinary Path: Essential Advice for Cookery Students

Embarking on a culinary journey as a cookery student is an exciting endeavor filled with opportunities for growth and creativity. To excel in this dynamic field, prioritize mastering fundamental techniques such as knife skills, cooking methods, and flavor combinations. Cultivate your creativity by experimenting with diverse ingredients and cuisines, pushing the boundaries of traditional cooking. Developing a refined palate is essential; train your taste buds by sampling a wide range of flavors and textures. Stay resilient in the face of challenges, embracing setbacks as learning opportunities.

As your chef trainer, I am committed to guiding you through every step of your culinary education. From mastering essential techniques like knife skills and cooking methods to exploring the art of flavor pairing and menu development, our comprehensive curriculum is designed to equip you with the knowledge and expertise needed to succeed in the fast-paced world of professional cooking. But it's not just about the skills you will learn in the kitchen. Our cookery classes also emphasize the importance of creativity, resilience, and lifelong learning. Through work placement, and real-world kitchen experiences, you will have the opportunity to gain valuable insights into the inner workings of the culinary industry and prepare yourself for the challenges and rewards that lie ahead.

Above all, never stop learning. The culinary world is ever-evolving, so stay curious, attend workshops, and keep up with industry trends. With dedication, passion, and a commitment to excellence, you'll navigate the culinary path with confidence and emerge as a skilled and innovative chef.



**Mr. Gaurav Thapliyal
Chef/ Trainer & Assessor**

DEDICATED SECTION TO ASLI 'S SHINING STARS



I am Maria Camila Carmona, and I am a Colombian citizen. I came to Australia with the intention of learning English at the age of 28, but I have always enjoyed challenges, and challenging myself with another language was just the beginning of this incredible experience. After learning English, I enrolled myself in a course that will help me fulfill my dreams, as I have my own brand of local food in my native country. All my life, I have been passionate about cooking, and I can see my professional profile in the hospitality industry."

During my time in Australia, I discovered the opportunity of a lifetime - studying Commercial Cookery. This course has allowed me to define my goals and overcome the limits and fears I had as an immigrant arriving in this country. Initially, I was apprehensive and had many questions about understanding classes in a new language, meeting people from diverse backgrounds, and immersing myself in various cultures. However, this experience has transformed my perspective, and after a year, I can confidently say it has been one of the most enriching experiences of my life at ASLI.

All that initially took me out of my comfort zone has now made me fall in love with this process. After a year, I can say with complete certainty that it has been one of the most enriching experiences I have had at ASLI. A combination of theoretical classes and practical exercises is preparing me for a career in international cuisine. With 100% support and guidance from the administrative team, I feel valued and appreciated. I have developed a great openness to different cultures, which I admire and respect for what they are. I love the content of the course, and there is versatility in the program. The future that awaits me as a chef in Colombia is very promising."

Life gives us challenges, and it is in our hands to accept them and emerge victorious in each battle. This is an invitation to fight for your dreams, for your future, the limits are only in our minds.

We are the creators of our own reality, let's live to the fullest, accept challenges and not limit ourselves out of fear, the worst that can happen is to make mistakes and learn from it. I am a true learner who is learning each day at ASLI as well as in life.

Thank you!!



**Maria Camila Carmona
Student at ASLI**