

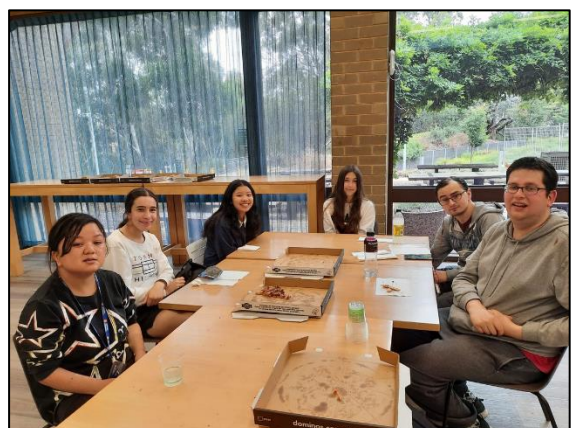


# BY DIYA AND EMILY

Throughout this experience, it has been fantastic working with the participants at the Latrobe Life Skills and building a greater understanding of the different activities they get to involve themselves in. At the beginning of Monday, we were quite nervous and overwhelmed to meet the participants, as we have never had the opportunity to talk to a person, who has a disability. However, we found all of them were extremely friendly and excited to have a chat.

We had a delicious sausage sizzle and were able to get to know some of the participants and ask them some questions about themselves. We found it a bit difficult to engage in conversations with some of the participants as they were quite shy. However, the more we found things we had in common with each other, the easier the conversations became. Everyone then headed over to the Latrobe Sports Centre and played some different games such as quirts, beanbag toss, basketball and cricket. We thought the sports was a great idea as all the participants were able to involve themselves in a physical activity and the students were able to run it. Although, we felt that it would have been even better to have multiple activities running at once so that the participants had a less physical option. Overall, the day was very enjoyable and everyone was able to step outside their comfort zones.

On Tuesday, we had a pizza lunch and then took the participants back to our school to give them a tour and we made coconut balls with Ben and Harrison. We really enjoyed Tuesdays activities as we felt much more comfortable being at our school with the participants and felt we were able to engage with them better.



Thursday was a really enjoyable day as we felt really comfortable with the participants as we have had the opportunity to meet and get to know most of them. It was definitely a big change from Monday as now we were super excited to see them and found it was much easier to connect with them. We participated in a just dance in the morning, followed by a delicious Subway lunch and in the afternoon, experiencing some of the participants' activities. We loved experiencing the activities the participants did frequently such as board games and bracelet making with Belinda. We got to play board games such as UNO, Jenga and connect-4, which was very rewarding as they all seemed to really enjoy it.



Overall, we have learnt so much working with the Latrobe Life Skills and we have definitely had a strong change in the way we see people with disabilities as they are actually super friendly and kind. We will definitely recommend this experience to all of my peers as it has been a fantastic and memorable journey. We have enjoyed every moment of working with the amazing participants and coming out of it, we have made lots of memories and friends we will never forget.

