

Lifeskills

The past week, volunteering and helping Lifeskills has been great, and has been a great learning experience. We started the week off by learning a bit about the organisation and the work it does. Then, we met the participants! We introduced ourselves, talked about footy, all over, a delicious barbeque lunch, and went to La Trobe's sporting facilities to shoot some hoops and play some quoits. On Tuesday, we shared a pizza lunch with the participants and got to know each other even better. After the fantastic lunch was over, we went back to our home campus, and gave the participants a tour of our school, as well as making some wonderful coconut balls. Unfortunately, we were unable to go on Wednesday but on Thursday, we were back. We started the day with a bit of dancing with the participants. We then went over to their building and ate some subway. We had tremendous fun playing bocce, quoits and beanbag throwing. After we were all tired from 30 minutes of sport, we played some very tense games of Jenga, exciting Uno and Connect 4. Overall, our week was fantastic! We learned about many how the organisation runs, the good work they do and more. The staff were very open and inviting, and the participants were amazing. They were kind and compassionate, and, just like us, were overjoyed to meet new people and make new friends. My only complaint of the week was that it had to end so soon!

