

I really enjoyed this week hanging out with Lifeskills participants. It was lots of fun, and I also learnt many new things. I was introduced to the lifestyle of participants, which really helped me understand what they go through and how organisations such as Lifeskills support them. All the participants and staff were very friendly and were excited to meet us students, just like we were. We organised events such as playing sports, Just Dance and a tour of the University Campus (UC).



We met the participants on Tuesday, at lunch. I sat with Frank, Tycho and Martin. I found them all very friendly and good to talk to. After lunch, we played sports in the gym. Whilst playing sport, I met Robert, who was extremely nice. We had a great chat and learnt a lot about each other whilst playing. On Wednesday we again had lunch with the participants and did some Trivia. It was nice to have a friendly competition during the Trivia. It also helped me learn more about others I

hadn't talked to as much. Thursday, we did Just Dance and a tour of the UC.

For our last day, we got to go bowling with the participants. I am really happy I got this opportunity, with my friends to meet these new people.

By Ishan