

Latrobe Lifeskills

By Balin

Before arriving at Lifeskills I was looking forward to meeting new people for the next few days. This was an incredible experience for me since I had not actually met any adults with disabilities previously. I wanted to leave this program knowing that I had made new friends, had fun participating in all the different activities with them and had made people smile. I was quite eager to start this program, and I was not let down.

This week I was able to truly understand what a disability was on a deeper level; I learnt how to cooperate, communicate, and respect those who have disabilities. Lifeskills has changed the way I think about and view people with disabilities. I learnt that there are many different types of disabilities, and that every single individual is different. I had extremely positive interactions with the Lifeskills participants - striking up conversations, planning activities, participating in sports with them, and eating meals with them. The Lifeskills participants were all very kind and friendly. When I spoke with the participants, they were delighted to have met some new people and make new friends. At the start of the program, I found myself very tired at the end of each day. The environment was unique, but I was able to focus and adjust to the new environment as we went on. Talking to and interacting with the participants was awkward and difficult for both parties at the start, but after doing activities together it made it a lot less awkward. The whole Lifeskills program was delightful, and I hope to see the people at Lifeskills again soon around La Trobe. I would like to thank everyone involved for this wonderful experience.

