

On my first day I was a bit apprehensive and slightly nervous about meeting the participants, but while having lunch with them I was immediately more comfortable and found all of them to be extremely nice and super happy to talk with us. I spent my lunch with Mia, Vasi and Flora. In the afternoon activities I was in the Singing group and got to sing with Mia, it was great fun. The participants all love singing and all tried their best which created the best environment that made everyone feel super happy and cheerful. I felt like the program is very inclusive and I really enjoyed how everyone was joining in and singing.

On our second day, we did a Sports Circuit that was planned and organised by some of the Ivanhoe Grammar School students. I led a group, we called ourselves Team Awesome and we were awesome! Through having a go at the different sports in circuit and I found it to be really fun, I got to know Chris, Frank, and Joe, as we went around and played basketball, table tennis, squash, and soccer, they were all really good at the sports and it was great to see them have fun. At lunch I sat with a different group, it was a bit more difficult to make conversation as some people didn't talk much but it was a great learning experience.

On the third day some of the Lifeskills participants came over to our campus and we showed them around our school. We looked at our classrooms where we learn and the different important aspects of our University Campus. After the tour we had a Just Dance session. My friend and I created the Just Dance playlist and tried to get everyone up and dancing. It was great fun and although not everyone got up to dance, they still loved sitting there vibing to the music and watching the colourful lights. We had a little break then went right into the cookie decorating. I had the best time sitting with David, we had a great chat about different sports and music. I found out we go for the same footy team which made for great conversation. We then walked over to Lifeskills to have lunch with everyone. I sat with Mia and Christina which was really nice, they are both so lovely to chat to and I enjoyed listening to their stories. For the afternoon activities I was with the Social Group. It was a very social afternoon, with music, playing Uno and pool. It was tiring but so much fun as everyone was in such a happy mood and so excited to spend the afternoon with us.

Compared to Monday, on Friday I felt like I have a better understanding of people with a disability. The participants were kind, friendly and had a really good sense of fun and humour. I feel much more comfortable around them and fully understand them now.

Unfortunately, we weren't able to have our celebration day with them on Friday but we hope to have it soon in the near future.

