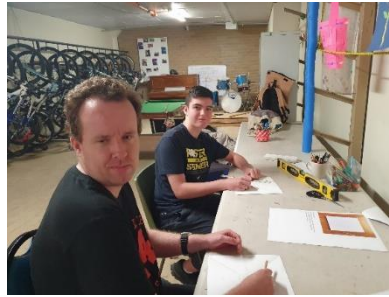


On the first day during lunch, I had felt a bit awkward and nervous because we were the only ones asking questions and the participants from Lifeskills answered in a few words at the start, but as we kept talking, we talked more and longer. I met Nuvindra, he likes to play footy and cook. My favourite part of the day was the art activities where we drew mandalas to colour in.



On the second day we ran a sport session for the Lifeskills participants. Tiora and I did basketball drills such as dribbling, shooting, and passing. The participants loved the shooting when they got the ball in. During lunch I talked to David. He talked to us about different types of music, tennis, and the Ukraine war. He made the conversation very interesting with the things he was saying.



On the third day, we ran a tour of our school campus at the university. We also ran a Just Dance session and decorated biscuits. During the lunch and the tour, I talked to Harrison, and he was great with all the things he said in our conversation. The activities we did that day was the games, there was a small group of us that played a pool game with Robert, it was a fun. The biscuit decorating was one of my highlights of the day, with all the different designs people came up with.

On Monday I had felt nervous and had doubts about how I would go interacting and being part of the Lifeskills program, but now I know how friendly the people from Lifeskills are and I look forward to seeing them again soon.

By Will.