

When selecting Lifeskills, I was confused to what I would be doing. I selected it because my friends took part in this program, without telling me exactly what they did, told me it was great fun. On the first day, I was both nervous and intrigued. I am unfamiliar with people living with disability as I have no one living with a disability in my extended family or as friends. I thought it to be awkward communicating with the participants although it was quite the opposite. On day one we learnt about disability.

On day two we first mingled with the Lifeskills participants. We began by walking to the La Trobe University had a forum from the managers of Lifeskills. Once this session was completed, we headed to the Sport Centre to prepare for the next day, in which we would run a small sports circuit. When we went to meet the participants, I met Lole, Mary, Duane, Mia, and Ann. All these people had different stories and very bright personalities. They were fun and exciting. A few of them were shy although all of them were very happy and joyful people. This day I was still slightly nervous about interacting with the participants and my ability to make conversation.

On the third day we ran a sport circuit at La Trobe uni. I learnt a lot from running this session, and it was fun and a great way to socialise and mingle with the participants. On this day I met Christopher and Vasi. They are both great characters with some amazing stories. As I began to meet new people and learn more about these participants, I began to feel very comfortable, and the nervousness went away.

On day four, the participants came to the school (Ivanhoe Grammar School), and it was very enjoyable to welcome them and tour them around the campus. I began to further get to know the participants and their stories. We went on to do Just Dance in the classroom which was great fun. After going back to Lifeskills for lunch I sat with Matthew, Robert, and Con. They are all lovely people and are kind and welcoming.

As the final day began, we went bowling with the participants while also having great conversations. Although it got super competitive, it was a great way to bond with my new friends. We went back to Lifeskills for a final pizza lunch and unfortunately said our goodbyes.

Throughout the week, I began to further my understanding of people with disability. The participants were welcoming, kind and all very fun people. I became more comfortable with the participants and learnt a lot about them.

