

Lars Otterstedt's lesson

Frontrunn3rs – <http://fr3.frontrunners.dk>

Philippa: Hej!! All day today, we had one person from Sweden called Lars Otterstedt. It was fantastic day, in fact we didn't really have lecture, our day consist of teamwork and bonding amongst us FR3, undergoing various games, so now I am going to ask the others for their inputs.

Giuseppe: Hello! An interesting day, before this morning, my characteristics were shy and often felt embarrassed and nervous however now after intensive day of teamwork and training, I personally feel more confident and less embarrass regardless what other people's opinions. I gratefully thank for today's experiences, I will never forget it.

Lars: Hello, I really like FR3 atmosphere and the people, as today we all have worked hard and gain good experiences.

Ditte: Hey! Today has been amazing day of various teamwork. One of the main things that have made impact on me is that the significant meaning of laughing and behaviour, the true reason behind the fact why we laugh for some certain situation. These meanings can be due to the fact that we are afraid. From my personal laughing occurrences was it all down to being afraid or not? Although more laughing is positive as increase the chance of living longer! Yes!

benjie: Hvad filming? All day today was beautiful, as mostly before our lessons ended about 4 or 5 in the afternoon, but now today you see us now still going on 'til 8pm. I feel that we have profitably gained so much intrinsic experiences and increased our strength of bonding and teamwork. Each one of us now knows every single FR3 more internal individual, such a good day today.

Carolien: Oh Oops! Sorry about the throwing the ball, we are kind of playing sport today, well actually not exactly sport, it's kind of like more of strengthening the bonding and teamwork between all of the FR3. Creating a stronger trust among us, hopefully harder to break.

Today has been perceptive practical chance to get to know each other and putting all of the theories that we have learnt over time into practice and making links between them and understanding these theories.

(Forum Theatre Film)

I just want to give an example of what we did today; that I liked the most was the massage at the end of intensive day. Last we all lied down on the floor and relaxed, cleared our mind, and took turns with our partners to massage each other. It was good.

Philippa: Now it's' your turn Thora!

Thora: Hi! The day has been incredible and very important due to obtaining more self-trust. Also proving the respect for all people, whether they are your friends, family or total stranger, by sharing respect will easily gain respect from other people.