

### SAMPLE DAILY SCHEDULE

<b>7:30 AM</b>	Wakeup
<b>8-9am</b>	<b>Breakfast</b>
<b>9:15-11:15am</b>	<b>Morning Lesson/Activity</b> Cultural Training Class
<b>11:15-11:30am</b>	<b>Morning Snack</b>
<b>11:30-1:30pm</b>	<b>Midday Lesson/Activity</b> Low Ropes Course
<b>1:30-2:30pm</b>	<b>Lunch</b>
<b>2:30-4:30pm</b>	<b>Afternoon Lesson/Activity</b> Language Class
<b>4:30-4:45pm</b>	<b>Afternoon Snack</b>
	Free Time
<b>6-7pm</b>	<b>Dinner</b>
<b>7:30-9</b>	<b>Evening Activity</b> Night Program
<b>9:30 PM</b>	Lights Out

Lessons and some activities are divided into two 50 minute classes.