


**ESCOLA SECUNDÁRIA DO MONTE DA CAPARICA**  
**Curso de Educação e Formação de Adultos NS**  
**Trabalho Individual**

 <p>Temos um monte de coisas para te ensinar.</p> <p>Escola Secundária do Monte da Caparica</p>	<b>Área / UFCD</b>	<b>CLC LE</b>	<b>Página 1 de 1</b>
	<b>Formador</b>	<b>Hélder Lopes</b>	
	<b>Tema</b>	<b>Routine</b>	
	<b>Realizado por</b>	<b>Inês Sousa</b>	
	<b>Data</b>	<b>26/10/2010</b>	

## Daily Routine

I wake up at half past seven a.m. and I get up at fifteen to eight a.m. I go to the bathroom and brush my teeth at ten to eight a.m. Then I have a shower, comb my hair and get dressed. I spend more or less half an hour getting ready. Between twenty past eight and fifteen to nine I have breakfast, a little glass of milk and I fix up my things.

At nine o'clock a.m. I start studying math and psychology for the exams, I study alone at home. I usually take a break at eleven o'clock a.m. to eat something or just to watch a little of TV. More or less half an hour after starting the break I retake the study until one o'clock p.m. Between half past one p.m. and two o'clock p.m. I have lunch and I clean the kitchen.

In the afternoon I do several things. I usually read, listen to music, be with my friend, help my mother cleaning the house, finish the school works and sometimes I continue the study I do at morning. At fifteen past seven p.m. I go to school to start my classes that finish at eleven o'clock p.m. I arrive home at fifteen past eleven p.m., I talk with my parents about my and them day, I watch a little of TV and then, more or less at half past twelve a.m. I go to sleep.