

Typical Weekday

Every day is split into three periods: morning, afternoon, and evening.

There are also three meals: breakfast, lunch and dinner.

Here is an overview of a typical weekday at an ANGLO centre:

Period	Duty
Breakfast	Breakfast duty supervising students' breakfast time
Morning	Workshop or sports activity
Lunch	Lunch duty supervising students' lunch time - distributing packed lunches if required
Afternoon	Excursion
Dinner	Dinner duty supervising students' dinner time - promoting evening activity
Evening	Activity on campus (sports, disco, treasure hunt, karaoke, dance event etc)

Note that table above gives an overview of all the events that take place on weekdays - it does not reflect that ALs may be on a session off, or a day off

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