All About Self-Care Mornings

What are self-care mornings?

Every 13 or 14-night ANGLO programme features a single morning for every student where there is no scheduled organised session for them; that is, no lessons, workshops, activities or excursions.

Self-Care Mornings are an opportunity for students to relax on campus, do laundry, sleep in, socialise in groups.

ANGLO has staff on duty to be available if groups request e.g. to help with operating the washing machines in the laundry.

When do self-care mornings take place?

Typically they take place at the midpoint in the programme, which we have found to be the best moment to alleviate tiredness. They take place on consecutive mornings; one for group A, one for group B.

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