

# Typical Day

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

Teaching takes place only in the mornings and afternoons.

There are also three meals: breakfast, lunch and dinner. Meals are provided for residential teachers. Non-residential teachers arrive after breakfast and leave before dinner.

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

Period	Approx. Timings	Duty
Breakfast	7:30 - 8:40	Residential only: Breakfast in the university canteen
Morning	9am - 1pm	Morning teaching session
Lunch	1pm - 2pm	Residential only: Lunch in the university canteen (packed on weekends)
Afternoon	2pm - 6pm*	Afternoon teaching session *7pm on two occasions for CPD sessions
Dinner	6:30 - 7:30pm	Residential only: Dinner in the university canteen
Evening		No work. Residential teachers are free to spend time on or off campus

Read more about the structure of teaching sessions on the [Teaching Hub](#)

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