


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

	Área / UFCD	CLC LE	<b>Página 1 de 1</b>
	Formador	HELDER LOPES	
	Tema	DAILY ROUTINE	
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## DAILY ROUTINE

I wake up at eleven o' clock a.m.

I get up at fifteen past eleven a.m.

I go to the bathroom to take a bath at twenty past eleven a.m., and I have breakfast at twenty five past eleven a.m.

I have a shower at thirty past eleven, and I go to my room at twenty to twelve p.m. to get dressed. I go out for a coffee. I have lunch at midday and then I study a little at two p.m.

I go, for a ride at four o' clock p.m. and I go to school at five o' clock p.m.

I come home at midnight.

I have dinner at midnight and I go to sleep at one o' clock a.m.