

Standard day programme for Peace School summer school

06:00		07:00 - 08:00 Physical exercise activity (for those who want to join in!)	
07:00		08:00 - 09:00 Breakfast	08:20 - 09:00 Food preparation for evening meal
08:00		09:00 - 09:20 Worship/ Meditation. Introduce theme of the day.	
09:00		09:20 - 09:30 Morning news	
10:00		09:30 - 11:00 Focus session 1	
11:00		11:00 - 11:20 Break	
12:00		11:20 - 11:35 Inspiration sharing time	
13:00		11:35 - 13:05 Focus session 2	
14:00		13:05 - 14:20 Lunch	
15:00		14:20 - 14:35 Values meditation	
16:00		14:35 - 16:05 Focus session 3	
17:00		16:05 - 16:25 Break	17:40 - 18:20 Food preparation for evening meal
18:00		16:25 - 16:40 Inspiration sharing time	
19:00		16:40 - 17:40 Extra activity time/ Focus session additional time	
20:00		18:20 - 19:20 Dinner	19:20 - 20:00 Clean up from dinner
21:00		20:00 - 22:00 Evening activity	
22:00			
23:00			