

# Residential Programme

For full time trainee students

Out of Bed	07.30am	Lunch:	1.00 - 2.00pm
Personal Quiet Time:	Before 08.00am	TFL:	2.00 - 3.45pm
Breakfast:	08.00 - 08.30am	Teas & Coffees:	3.45 - 4.15pm
Corporate Devotional Time:	08.30 - 09.00am	Personal Time:	4.30 - 5.30pm
TFL:	09.15 - 10.45am	Dinner:	5.30 - 6.30pm
Teas & Coffees:	10.45 - 11.15am	Evening Activity:	7.30 - Finish
TFL :	11.15 - 12.45pm	House Closed and Settled:	10.30pm

# Training for Life Course

## Morning

sample timetable

## Afternoon

sample timetable

## Evening

Mon	Spiritual (live) IT Media School	Practical (rotas/teams) (Inc. Admin)	Prayer School
Tues	Spiritual (multimedia) Media and IT workshop	Creative workshop (Inc. Gist & radio)	Teaching (DOTK)
Wed	-	Rest Day	-
Thurs	Spiritual (live)	Creative workshop	Teaching (WOTS)
Fri	Spiritual (multimedia)	Practical (rotas & teams) (Inc. Admin)	Day Conference (monthly) Preparation / Review
Sat	Spiritual (live) Conference (monthly/quarterly)	Physical/Filming -	Physical (movie time/R&R) -
Sun	Church	Tidy-up (Media Preparation)	Outreach

