

# INTERNATIONAL STUDY CENTRE SAMPLE TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00	   Breakfast, shower, workout  						
9.00	SEMINAR CLASSES (17 hours per week)	SELF STUDY TIME (3 hours a day)		SEMINAR CLASSES (17 hours per week)	SELF STUDY TIME (3 hours a day)	SELF STUDY TIME (4 hours on one weekend day)	SELF STUDY TIME (4 hours on one weekend day)
10.00			SEMINAR CLASSES (17 hours per week)	SEMINAR CLASSES (17 hours per week)			
11.00			SELF STUDY TIME (3 hours a day)	TUTORIAL CLASSES (1 hour per week)			
12.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13.00	SEMINAR CLASSES (17 hours per week)		SELF STUDY TIME (3 hours a day)			Socialise with friends/play a sport  	SELF STUDY TIME (4 hours on one weekend day)
14.00		ADDITIONAL ONE-TO-ONE TUTORIAL (3 per term/semester)	SELF STUDY TIME (3 hours a day)	SEMINAR CLASSES (17 hours per week)			
15.00		SEMINAR CLASSES (17 hours per week)	SEMINAR CLASSES (17 hours per week)				
16.00						Evening meal	
17.00	Evening meal	Evening meal	Evening meal	Evening meal	Evening meal	EXTRA-CURRICULAR ACTIVITY E.G. VOLUNTEERING OR PART-TIME WORK (6 hours on one weekend day)	Evening meal
18.00	SELF STUDY TIME (3 hours a day)	EXTRA-CURRICULAR ACTIVITY E.G. VOLUNTEERING OR PART-TIME WORK (4 hours on one week day)	Play a sport/exercise  	Go shopping 	Eat with friends 		See the sights 
19.00							
20.00							
21.00	Eat with friends 						
22.00							

## EXAMPLE TIMETABLE

This outlines how you can balance your academic studies alongside extra-curricular activities and/or leisure.

It is essential that your academic studies always come first.

 **SEMINAR CLASSES**  
17 hours per week

 **SELF STUDY TIME**  
4 hours on one weekend day 3 hours a day all weekdays

 **TUTORIAL CLASSES**  
1 hour per week

 **ADDITIONAL ONE-TO-ONE TUTORIAL**  
(3 per term/semester)

 **EXTRA-CURRICULAR ACTIVITIES**  
6 hours on one weekend day 4 hours on one week day

Please remember that part-time work is not guaranteed and will depend on your individual timetable for each term or semester.

DISCLAIMER Please note that this is an example timetable, you will receive your personal timetable during your induction.