


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

	<b>Área / UFCD</b>	<b>CLC4</b>	<b>Página 1 de 1</b>
	<b>Formador</b>	<b>Helder Lopes</b>	
	<b>Tema</b>	<b>Daily Routine</b>	
	<b>Realizado por</b>	<b>Ricardo Pontes</b>	
	<b>Data</b>	<b>02-11-10</b>	

I wake up at ten o'clock a.m.  
 I get up at fifteen past ten a.m.  
 I go to the bathroom at twenty past ten a.m.  
 I take a shower at twenty-five past ten a.m.  
 I brush at fifteen to eleven a.m.  
 I dressed at ten to eleven a.m.  
 I have breakfast at eleven o'clock  
 I go out at home at twenty past eleven a.m.  
 I have lunch at twenty-five past twelve a.m.  
 I go to job at five o'clock  
 I have dinner at eight o'clock  
 I have a snack at thirty past ten p.m.  
 I go out at job at fifteen past eleven p.m.  
 I arrived home at twelve p.m.