


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

	<b>Área / UFCD</b>	<b>CLC LE</b>	<b>Página 1 de 1</b>
	<b>Formador</b>	<b>Hélder Lopes</b>	
	<b>Tema</b>	<b>Daly Rotine</b>	
	<b>Realizado por</b>	<b>Silvério Velez</b>	
	<b>Data</b>	<b>26/10/2010</b>	

I WAKE UP AT FIFTEEN PAST SIX A.M.  
 I GET UP AT TWENTY PAST SIX A.M.  
 I GO TO THE BATHROOM AT TWENTY PAST SIX A.M.  
 I TAKE A SHOWER AT THIRTY PAST SIX A.M.  
 I COMB MY HAIR AT FIFTEEN TO SEVEN A.M.

I LEFT HOME FOR WORK AT TEN TO SEVEN AND I GET TO WORK AT  
 FIFTEEN TO EIGHT A.M., IN THE MORNING I MAKE REPAIRS TO THE  
 MACHINES. THEN I GO TO LUNCH AT TWELVE P.M.  
 I COME BACK FROM LUNCH AND I WORK UNTIL HALF PAST FIVE P.M.  
 I GO HOME, EAT SOMETHING AND I GO TO THE SCHOOL UNTIL ELEVEN  
 P.M.  
 I ARRIVED HOME, WHATCH TV AND I GO TO SLEEP.