

## Daily Living Schedule

### 2024 International College Training in Asia

Time	TC Accommodation	Time	Manila & QC Accommodation
5:30	Rise up	05:30-06:15	Rise up, Preparation, & Grooming
05:30-06:45	Preparation & Grooming	06:15-07:00	Travel to Malabon TC
06:45-07:45	Breakfast	07:00-07:45	Breakfast
07:45-08:25	<b>Group MR / Study</b>		
08:25-08:30	Preparation / Proceed to Session Area		
08:30-10:10	<b>Session: Messages 1, 4, 7, &amp; 10</b>		
10:10-10:40	Break		
10:40-12:20	<b>Session: Messages: 2, 5, 8 &amp; 11</b>		
12:20-13:20	Lunch		
13:20-14:00	Rest		
14:00-15:50	<b>Group Study (2 Messages)</b>		
15:50-16:20	Break		
16:20-18:00	<b>Session: Messages 3, 6, 9 &amp; 12</b>		
18:00-19:00	Dinner		
19:00-21:30	Preparation - Personal Time	19:00-20:00	Travel to Accommodation
21:00	Curfew in FTTMa TC	20:00-22:15	Preparation - Personal Time
21:30-21:45	Prayer by Room	22:00	Curfew in GO Hotel & U-Homes
21:45-22:00	Preparation	22:15-22:30	Prayer by Room
22:00	Lights Off	22:30	Lights Off

*Blending trips start in the morning of July 28, 2024.  
Refer to your blending trip handouts for the schedules.*