

# SAMPLE TIMETABLE (Preparation for the Future Programme)

Mon-Fri, 8.00 - 14.30



	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	Exercise and Morning Rota				
08:30	Work Awareness (ASDAN)	New Horizons (PSHE)	Employability Skills Development (ASDAN)	Community Trip (Outside)	Work Simulation: Barista
10:00	Morning Break & Snack				
10:15	Work Simulation: Office	Life Skills Challenge (ASDAN)	ICT for Employment	Community Trip (Outside)	Internship
12:00	Lunch Break				
13:00	Team Building	Living Independently (ASDAN)	Work Simulation: Shop	Social Skills	Internship
14:00	Social Time and Afternoon Rota				