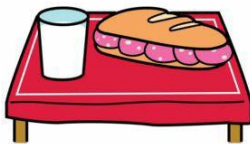


Evening routines



Prepare clothes for tomorrow. If you are uncertain about the weather, look at the weather app on your phone or ask the staff via text message.



Prepare a sandwich and tea.



Watch TV and eat a snack. Turn off the TV by 9:50 pm.



+s

Brush teeth.
Brush your teeth for two minutes



Set the alarm for 7:30 am



Turn out the lights in the flat



Get into bed.
Goodnight.