Weekly Program School for Life Chiang Mai - Schoolyear 2017_18

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--|----------------|----------------|----------------|----------------|--------------------------------|---------------------|
| 05:20 a.m. | Getting Up | | | | | | |
| 05:30 a.m | Do exercise and jogging (on-duty students cook breakfast) | | | | | | |
| 06:00 a.m. | Family House and Village Area Cleaning (on-duty students cook breakfast) | | | | | | |
| 06:30 a.m. | Shower and Dress School Uniforms | | | | | Getting up | |
| 07:30 a.m. | Breakfast in Canteen | | | | | | |
| 08:00 a.m. | Flag Ceremony | | | | | | |
| | Thai Tales | Meditation & | News Reports | Mental | Traditional | | |
| | Regional Languages | Dance | by Students | Arithmetic | Moral & Ethics | | |
| 09:00 a.m. | School Lessons | School Lessons | School Lessons | School Lessons | School Lessons | Club for | Possibiliy |
| 10:00 a.m. | Major | Major | Major | Major | Major | Traditional Thai | for |
| 11:00 a.m. | Subjects | Subjects | Subjects | Subjects | Subjects | Music & Dance | Church Visit |
| 11:00 a.m. | on-duty students cook lunch | | | | | | |
| 12:00 a.m. | Lunch in Canteen | | | | | | |
| | 1st Term | | | | | All Terms | |
| 01:00 p.m. | School Lessons | School Lessons | School Lessons | School Lessons | School Lesson | e.g. Careful House | e.g. Excursion |
| 02:00 p.m. | Problem based | Problem based | Organic | Problem based | Problem based | & House Area | to Places in the |
| 03:00 p.m. | Learning | Learning | Gardening | Learning | Learning | Cleaning, Laundry | Surrounding |
| | only M1-M3 2nd Term | | | | | | e.g. Visit Museum. |
| 01:00 p.m. | Hotel | School Lessons | School Lessons | School Lessons | School Lessons | | Zoo or Other Places |
| 02:00 p.m. | Management | Problem based | Boys/Girls | Problem based | Organic | | |
| 03:00 p.m. | Project (M1-3) | Learning | Scouts | Learning | Gardening | | |
| 04:00 p.m. | Family Life / Sports' Activities | | | | | Reading, Watching TV, Dancing, | |
| 05:00 p.m. | (on-duty students cook dinner) | | | | | Gardening Around Family House | |
| 05:30 p.m. | Dinner in Canteen | | | | | | |
| 06:00 p.m. | Sports' Activities | | | | | | |
| 07:00 p.m. | Individual Tutoring / Homework / Self Study / House Work Cinem | | | | | n Asembly Hall Individual or | |
| 08:00 p.m. | Group Activities | | | | | | |
| 09:00 p.m. | Going to Bed | | | | Leisur | Leisure Time Going to Bed | |
| 10:00 p.m. | | | | | 10:30 p.m. | Going to Bed | |

Problem based learning orientated to seven Centres of Excellence and to School Projects - Centres of Excellence are: Body & Soul, Cultural Heritage & Development, Technology & Ecology, Cultural Sensitive Tourism, International Communication, Nutrition & Health, Organic Farming