



NOMBRE DEL ALUMNO:

MELIDA YADIRA VELAZQUEZ GONZALEZ

NOMBRE DEL PROFESOR:

Mtra. JEZABEL IVONNE SILVESTRE MONTEJO.

LICENCIATURA:

EN ENFERMERÍA

GRADO: 5° CUATRIMESTRE

GRUPO: B

MATERIA:

INGLES IV

Nombre del trabajo:

TIME EXPRESSIONS "TIME EXPRESSIONS"

Frontera Comalapa, Chiapas a 26 de septiembre del 2020.

TIME EXPRESSIONS

I am Melida Yadira Velázquez González, I live in the Santo Domingo La Cascada Municipality of Siltepec Chiapas. I will tell you a little about what I do throughout the week, I will start with the first day of the week which is Sunday. On Sundays I start this day getting up at 6:00 a.m. I help my mother to do the work in the kitchen and make breakfast, at 8:00 a.m. we have breakfast, after finishing we get ready to go to church, we go to party from 9:30 am to 11:00 am. The rest of the day I do my pending work because I work in CONAFE as its name says I provide my service to be a leader in community education so that I can have a salary and be able to support the expenses of my studies. From 2:00 to 2:30 pm it is time for lunch, in the afternoons I go out to play basketball, see my friends and return home at 7:30 just in time for dinner. Then I take a shower, after that I watch TV from 8:30 to 9:30 and from that time on it is my time to rest.

On Mondays, I get up at 6:00 in the morning, prepare my things and have breakfast at 7:00, at 7:30 in the morning I have to travel to my community, where I provide my service. From 9:00 in the morning to 12 noon I monitor the children so that they do not stay with the activities since they are preschool children and require a lot of attention. At 12 noon I carry out my activities at the university. As I stay in the community, I have to go out to eat at the parents' houses, my lunch time is at 2:00 in the afternoon, when I return I continue to advance with my tasks, and at 4:00 in the afternoon I'm going to play. At 7:00 I have to go to dinner, when I return I take an hour to read any book and then I take a shower before resting.

On Tuesdays I get up at 7:00 in the morning I get ready and go to breakfast, when I return I take the same routine as the day before.

On Wednesdays I get up at 6:00 in the morning to go for a run, I take a shower at 7:20 and then I go to breakfast and the rest of the day I do the same routine as the previous day.

On Thursdays I get up at 6:30 in the morning I get my things ready before going to breakfast and I go back to teaching the children from 9:00 in the morning to 12 noon, from that time I travel to my house, I arrive At 2:10 in the afternoon to the house, and at that time it is lunchtime, I spend all afternoon with my parents, I take a shower at 6:00 in the afternoon, I have dinner and watch the novels for a while, then break.

On Fridays I get up at 7:00 in the morning, I help my mother with the kitchen cleaning and finish at 8:30, have breakfast and then wash clothes at 9:00 in the morning and finish at 10:00 in the morning, from that time on I do my CONAFE work, at 2:00 in the afternoon it is time for lunch, then I continue doing my work. From 4:00 I take a shower and from 5:00 to 6:00 I go to church, we return and have dinner, from 8:00 to 9:30 I draw because I really like to make some drawings, once finished that I take my hours of rest.

On Saturdays I get up at 7:00 and do the same routines as on Friday. Then comes Sunday and again with the same routines.