

**24 HOURS
IN**

GLASGOW

Typical Day



FOR A GLASGOW STUDENT



8:30



I woke up at 8:30 AM today. Breakfast is usually simple, and today I had milk with cereal.

After eating, I checked my schedule and to-do list to make sure I was prepared for the day ahead.



TIPS

Starting your day by checking emails can help you stay organized and ensure you're prepared for any last-minute changes or reminders.



9:30

I left for campus, which is about a 20-minute walk from my apartment.

The morning air in Glasgow is refreshing, and the walk is a great way to clear my mind before classes. I usually listen to music to make the walk more enjoyable.



Depending on the day, you might see sunlight streaming through the trees, a rainbow after a morning shower, squirrels scurrying across the path, crows perched on fences, or even ducks waddling near the pond...



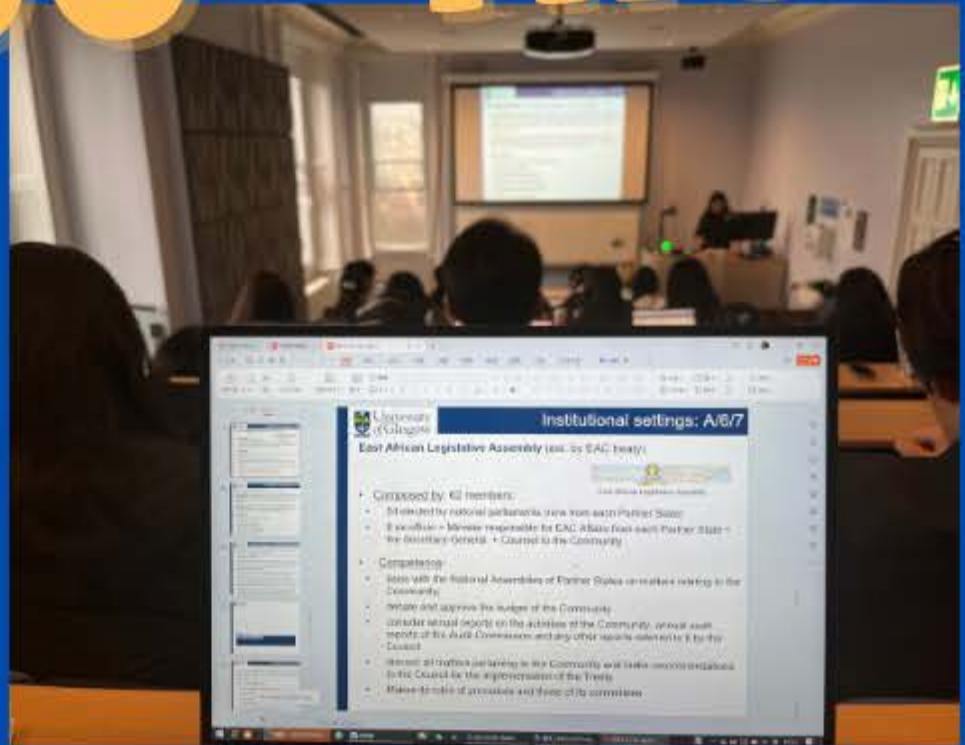
10:00

11:00

Regional Integration (Lecture)

5 Professors' Square:330 Gloag Room

10:00 – 11:00



I attended a lecture on *Regional Integration*. Today's topic focused on the impact of regional integration on the global economy, with case studies on the East African Legislative Assembly (EALA). During lectures, I take notes and use bullet points to organize key information. This helps me review the material more effectively later.



11:05
LUNCH
BREAK



After the lecture, I had a quick lunch at the *Learning Hub*. Today, I had a sandwich and coffee.

Learning Hub is a modern study space on campus, perfect for grabbing a bite and relaxing between classes





12:00
-
1:00

Business in the Global Economy (Se...
Adam Smith Building:386AB

12:00–13:00

At noon, I attended a interactive seminar on *Business in the Global Economy*. It was fascinating to hear diverse perspectives from my classmates.

13:20–17:00

After the seminar, I headed to the library's graduate study room and focused on my dissertation. The study room is quiet, well-equipped, and helps me stay productive





17:30



On my way home from the library, I stopped by the supermarket to pick up some ingredients for dinner. I bought essentials like eggs, vegetables, and a few snacks for the week.

18:00

Once I got home, I started preparing dinner. Today, I made beef curry. Cooking is one of my favorite ways to unwind after a busy day. While eating, I watched an episode of my favorite variety show to relax.





20:00



I headed to the gym in my apartment building. I spent about an hour on the treadmill, alternating between jogging and incline walking. Exercise is a great way to relieve stress and stay energized.

After the gym, I took a shower and relaxed for a bit.





23:00



By 11:30 PM, I was ready for bed. Before that, I checked my schedule for the next day and did some light reading to prepare for my classes.

Getting enough sleep is crucial for staying focused and productive, so I try to stick to a consistent bedtime.

