

## Example of a daily prison schedule

Prisoners' daily life takes place according to a daily schedule. This will prescribe the wake-up, roll-calls, morning exercises, times for meals, times for escorting the prisoners to work and school and times for studying and working, as well as the times prescribed for sports events, telephone calls and walks. Below you will find an example of daily schedule – according to the organization of work of a specific prison there may be certain differences in the actual daily schedule.

06:30 Wake-up

06:30-06:45 Morning exercises, personal hygiene and making the beds

06:30-07:15 Leisure time for prisoners who are not engaged in work during that period

06:30-07:15 Telephone calls

07:15-07:45 Breakfast (food is served in cells)

07:45-08:00 Leisure time for prisoners who are not engaged in work during that period

07:45-08:00 Telephone calls

08:00-08:30 Morning roll-call (roll-call takes place in cells)

08:20-08:30 Escorting the prisoners to work and school

08:30-19:00 Walks by prison wards

08:30-12:30 Leisure time for prisoners who are not engaged in work or studies during that period

11:45-12:00 Arrival from school

12:30-13:00 Lunch (food is served in cells)

13:00-17:00 Leisure time for prisoners who are not engaged in work or studies during that period

13:20-13:30 Escorting the prisoners to school

14:00-17:00 Telephone calls

16:20-16:30 Escorting the prisoners from work to prison ward

16:30-16:45 Escorting the prisoners from school to prison ward

17:00-17:30 Supper (food is served in cells)

17:30-20:00 Leisure time for prisoners who are not engaged in work during that period

17:30-20:00 Telephone calls

20:00-20:30 Evening roll-call (roll-call takes place in cells)

20:30-06:30 Time of retiring.

**Source URL:** <https://www.vangla.ee/en/news-and-numbers/example-daily-prison-schedule>