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OIA-2024-5078

09 August 2024

Andrew Lin

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Dear Andrew Lin

I refer to your email of 14 July 2024 requesting the following information on the Junior Officer Common Training Course (JOCT) under the Official Information Act 1982 (OIA):

The detailed schedule and daily routine for the JOCT programme, including the start and end times of training activities, for the specific intake in mid-July.

The JOCT course is a residential course for Junior Naval Officers. It takes place over 105 working days (21 weeks); however, for the past four years the course has fluctuated between 26 and 20 weeks. An overview of the course that commenced on 15 July 2024 is at Enclosure 1. A detailed week-by-week template of the course is at Enclosure 2. A glossary for terms used is at Enclosure 3.

Information on when breaks and free days are given to trainees, including any policies that allow trainees to leave the base.

Training takes place in three phases, and the availability of leave for each of those phases is provided below.

- Phase One - no leave available. This is so trainees can concentrate purely on training. Exceptions are considered on a case-by-case basis.
- Phase Two - trainees can use leave if not on duty. On weekdays leave is given from 18:30 to 21:00 and on weekends from 10:00 to 22:00. A three-day weekend is planned at the end of Week 15 for Labour weekend.
- Phase Three - trainees have leave from 22:00. If not on duty, trainees are secured on Friday and don't need to return until 0600 on Monday morning overnight leave can be requested but is not always guaranteed.

Details of any events or ceremonies associated with the JOCT programme that can be attended by friends and family members.

Trainees participate in public memorial services such as Anzac Day or remembrance commemorations that family can attend. Invited family members attend graduation, and those trainees that are promoted at the end of the course can invite their families to a promotion ceremony.

Additionally, I would like to request information on the ethnic breakdown of the trainees in the JOCT programme.

The table below provides the number of trainees by ethnicity/nationality for the last five JOCT courses:

Ethnicity	Trainees
American	1
Australian	1
British	2
Chinese	3
Egyptian	1
English	3
European	2
Fijian	4
Filipino	2
French	1
Hungarian	1
Indian	2
Iraqi	1
Italian	1
Maori	16
Niuean	1
Norwegian	1
NZ European (Pakeha)	75
Papua New Guinea	2
Timorese	2
Tongan	4

You have the right, under section 28(3) of the OIA, to ask an Ombudsman to review this response to your request. Information about how to make a complaint is available at www.ombudsman.parliament.nz or freephone 0800 802 602.

Please note that responses to official information requests are proactively released where possible. This response to your request will be published shortly on the NZDF website.

Yours sincerely

AJ WOODS

Air Commodore

Chief of Staff HQNZDF

Enclosures:

1. Overview of course
2. Detailed breakdown of course
3. Glossary

			Bellona	Royalist	Notes/Time	
Induction	Week 1	8-Jul	Mon			
		9-Jul	Tue			
		10-Jul	Wed			
		11-Jul	Thu			
		12-Jul	Fri			
		13-Jul	Sat			
		14-Jul	Sun	JOCT Arrive/ Urinalysis		
Transition	Week 2	15-Jul	Mon	Various Briefs		MSFT Start
		16-Jul	Tue	Medicals/ Dentals		
		17-Jul	Wed	Attestation, Powhiri, Vaccines		
		18-Jul	Thu	Kit Sizing/Admin Brief		
		19-Jul	Fri	Various Briefs/ PPT		
		20-Jul	Sat	LS/GSKs		
		21-Jul	Sun	LS/Intro to Padre/Parade		
Orientation	Week 3	22-Jul	Mon	Lead Self /GSK		
		23-Jul	Tue	Lead Self /GSK		
		24-Jul	Wed	Lead Self /GSK/PST		
		25-Jul	Thu	Lead Self/ Card Issue/Kit Up		
		26-Jul	Fri	Kit -up		
		27-Jul	Sat	GSK		
		28-Jul	Sun	GSK/Kit Naming		
Build	Week 4	29-Jul	Mon	LOAC/ Wardroom Living		
		30-Jul	Tue	GSK/ Compliance		
		31-Jul	Wed	SERR		
		1-Aug	Thu	GSK/Compliance		
		2-Aug	Fri	Resilience/Mindfulness		
		3-Aug	Sat	Kit/Study		
		4-Aug	Sun	Order/Reg Exam		
Advance	Week 5	5-Aug	Mon	WPFA	WPFA	
		6-Aug	Tue	WPFA	WPFA	
		7-Aug	Wed	COMMS	COMMS	
		8-Aug	Thu	COMMS	COMMS	
		9-Aug	Fri	COMMS	COMMS	
		10-Aug	Sat	OTS Move/ Study		
		11-Aug	Sun	OTS Move/ GSK Exam		
Build	Week 6	12-Aug	Mon	Shakedown		TRANSIT TLC
		13-Aug	Tue			Longest Day
		14-Aug	Wed			
		15-Aug	Thu			
		16-Aug	Fri		ITO Divisions	
		17-Aug	Sat	LMS		
		18-Aug	Sun	Study/Kit Muster prep		
Build	Week 7	19-Aug	Mon	AWQ MARS -L	AWQ MARS -L	BCT ARRIVE
		20-Aug	Tue	AWQ MARS -L	AWQ MARS -L	
		21-Aug	Wed	AWQ MARS -L	AWQ MARS -L	
		22-Aug	Thu	AWQ MARS -L	AWQ MARS -L	
		23-Aug	Fri	AWQ Glock	AWQ Glock	PRB 1
		24-Aug	Sat	AWQ Glock	AWQ Glock	
		25-Aug	Sun	AWQ Glock	AWQ Glock	RTN OTS
Build	Week 8	26-Aug	Mon	Survival at Sea - Basic		
		27-Aug	Tue	Naval History		
		28-Aug	Wed	Lead Teams		
		29-Aug	Thu			
		30-Aug	Fri			MSFT MID
		31-Aug	Sat	Study/ CAN Prep		
		1-Sep	Sun	Transit to WGN		
Build	Week 9	2-Sep	Mon	HMNZS CANTERBURY		
		3-Sep	Tue			
		4-Sep	Wed			
		5-Sep	Thu			
		6-Sep	Fri		PHASE 2	
		7-Sep	Sat			
		8-Sep	Sun			
Build	Week 10	9-Sep	Mon	DLOC (formerly EX SQUALL)		LL1
		10-Sep	Tue			
		11-Sep	Wed			
		12-Sep	Thu			
		13-Sep	Fri			
		14-Sep	Sat			
		15-Sep	Sun			
Build	Week 11	16-Sep	Mon	SQDC	SQDC	Student E4
		17-Sep	Tue	SQDC	SQDC	
		18-Sep	Wed	SQDC	SQDC	
		19-Sep	Thu	SQDC	SQDC	PRB 2
		20-Sep	Fri	SQDC	SQDC	
		21-Sep	Sat			
		22-Sep	Sun			

			Bellona	Royalist	Notes/Time		
Build	Week 11	23-Sep	Mon	SQDC	SQDC		
		24-Sep	Tue	SQDC	SQDC		
		25-Sep	Wed	SQDC	SQDC		
		26-Sep	Thu	SQDC	SQDC		
		27-Sep	Fri	SQDC	SQDC		
		28-Sep	Sat				
		29-Sep	Sun				
Build	Week 12	30-Sep	Mon	SQS	SQS		
		1-Oct	Tue	SQS	SQS		
		2-Oct	Wed	SQS	SQS		
		3-Oct	Thu	SQS	SQS		
		4-Oct	Fri	SQS	SQS		
		5-Oct	Sat				
		6-Oct	Sun				
Build	Week 13	7-Oct	Mon	SQS	SQS		
		8-Oct	Tue	SQS	SQS		
		9-Oct	Wed	SQS	SQS		
		10-Oct	Thu	SQS	SQS		
		11-Oct	Fri	SQS	SQS		
		12-Oct	Sat				
		13-Oct	Sun				
Build	Week 14	14-Oct	Mon	OLOC (formerly EX STORM)			
		15-Oct	Tue				
		16-Oct	Wed				
		17-Oct	Thu				
		18-Oct	Fri				
		19-Oct	Sat				
		20-Oct	Sun				
Build	Week 15	21-Oct	Mon	Naval History 2			
		22-Oct	Tue	Compliance			
		23-Oct	Wed	Compliance			
		24-Oct	Thu	Marae Overnight		PRB 3	
		25-Oct	Fri	Compliance		Divisions with BCT	
		26-Oct	Sat	Long Weekend Leave			
		27-Oct	Sun	Long Weekend Leave			
Build	Week 16	28-Oct	Mon	Long Weekend Leave		Public Holiday	
		29-Oct	Tue	Con Course			
		30-Oct	Wed	Compliance		Mess Dinner	
		31-Oct	Thu	Compliance		PRB 3	
		1-Nov	Fri	Compliance		Divisions	
		2-Nov	Sat			PHASE 3	
		3-Nov	Sun				
Build	Week 17	4-Nov	Mon	Compliance			
		5-Nov	Tue	OP HAUTUTANGA (formerly EX CYCLONE)		Embarked on SONZ	
		6-Nov	Wed				
		7-Nov	Thu				
		8-Nov	Fri				
		9-Nov	Sat				
		10-Nov	Sun				
Build	Week 18	11-Nov	Mon	Compliance		MSFT Final	
		12-Nov	Tue	Compliance/JOCCMC			
		13-Nov	Wed	Compliance/DO Kit Muster			
		14-Nov	Thu	Cross Country			
		15-Nov	Fri	Oral Presentations			
		16-Nov	Sat				
		17-Nov	Sun				
Build	Week 19	18-Nov	Mon	CIMS		PRB 4	
		19-Nov	Tue				
		20-Nov	Wed				
		21-Nov	Thu				KT CUP
		22-Nov	Fri	Compliance			
		23-Nov	Sat				
		24-Nov	Sun				
Build	Week 20	25-Nov	Mon	Compliance			
		26-Nov	Tue	Divisional Photos			
		27-Nov	Wed	Compliance/Officers Pledge		Evening Reception	
		28-Nov	Thu	ECUP			
		29-Nov	Fri	CLD DIV /Grad Training			
		30-Nov	Sat				
		1-Dec	Sun				
Build	Week 21	2-Dec	Mon	Grad Training		Student E4 final	
		3-Dec	Tue	Grad Training			
		4-Dec	Wed	Grad Training			
		5-Dec	Thu	Grad Training			
		6-Dec	Fri	Grad Training			
		7-Dec	Sat	Graduation			
				Sun			

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 1

	Monday 15-Jul-24	Tuesday 16-Jul-24	Wednesday 17-Jul-24	Thursday 18-Jul-24	Friday 19-Jul-24	Saturday 20-Jul-24	Sunday 21-Jul-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS
BREAKFAST 06:00 - 06:30	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS
Period 1 06:30 - 07:00	Intro to Cleaning Stations	Cleaning Stations 2	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 2 07:00 - 07:30	Intro to Cleaning Stations	Cleaning Stations 2	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	TRANSIT TO NHU	Colours/ Sunset Lesson	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection
Period 4 08:00 - 08:30	SPARE 1	DENTALS - NHU	CO LDG/ CWO/ ITO Intro	TRANSIT - RTS TO OSCS	TRANSIT TO POOL	LS 1.1.1 &€ Explain how the NZDF conducts leadership development	
Period 5 08:30 - 09:00	SPARE 1	DENTALS - NHU	CO LDG/ CWO/ ITO Intro	KIT SIZING	PST - Pool Swim Test	LS 1.1.1 &€ Explain how the NZDF conducts leadership development	TRANSIT
Period 6 09:00 - 09:30	Intro to Military Law	DENTALS - NHU	TRANSIT TO MUSEUM	KIT SIZING	PST - Pool Swim Test	LS 1.1.1 &€ Explain how the NZDF conducts leadership development	Intro to the Padre
Period 7 09:30 - 10:00	Intro to Military Law	DENTALS - NHU	ATTESTATION	KIT SIZING	PST - Pool Swim Test		Intro to the Padre
Period 8 10:00 - 10:30	Intro to Military Law	DENTALS - NHU	ATTESTATION	KIT SIZING	TRANSIT TO RTS	GSK - Ships Routine	Intro to the Padre
Period 9 10:30 - 11:00	INTRO to NPS	DENTALS - NHU	TRANSIT TO RNZN MARAE	KIT SIZING	SPARE 1	GSK - Ships Routine	Intro to the Padre
Period 10 11:00 - 11:30	INTRO to NPS	DENTALS - NHU	POWHIRI- MARAE	KIT SIZING	Pay & Admin Brief	GSK - Naval Forms	Intro to the Padre
Period 11 11:30 - 12:00	INTRO to NPS	DENTALS - NHU	POWHIRI- MARAE	KIT SIZING	Pay & Admin Brief		TRANSIT - CHAPEL TO RTS
LUNCH 12:00 - 12:30	Lunch - RTS	Lunch - RTS	TRANSIT TO RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS
LUNCH 12:30 - 13:00	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS
Period 12 13:00 - 13:30	TRANSIT TO PT	MEDICALS - NYSB	Vaccinations - NHU	Personal Security Brief	TRANSIT TO PT	GSK - Naval Terminology	Parade Intro
Period 13 13:30 - 14:00	MSFT - INITIAL	MEDICALS - NYSB	Vaccinations - NHU	Personal Security Brief	PT - FORMAL EXERCISE TECHNIQUE	GSK - Naval Terminology	Parade Intro
Period 14 14:00 - 14:30	MSFT - INITIAL	MEDICALS - NYSB	Vaccinations - NHU	Dental Hygiene Brief	PT - FORMAL EXERCISE TECHNIQUE		Parade Intro
Period 15 14:30 - 15:00	MSFT - INITIAL	MEDICALS - NYSB	Vaccinations - NHU	Hygiene Brief	PT - FORMAL EXERCISE TECHNIQUE		
Period 16 15:00 - 15:30	MSFT - INITIAL	MEDICALS - NYSB	Vaccinations - NHU	Hygiene Brief	TRANSIT TO RTS		GSK - Naval Clothing
Period 17 15:30 - 16:00	TRANSIT - FLEET GYM TO RTS	MEDICALS - NYSB	Vaccinations - NHU				GSK - Naval Clothing
Period 18 16:00 - 16:30	Basic Nutrition Brief	Recruitment Process Feedback					GSK - Naval Clothing
Period 19 16:30 - 17:00	Basic Nutrition Brief	Attestation Brief					
Period 20 17:00 - 17:30	Sustainable Period Products Brief	Attestation Brief					
DINNER 17:30 - 18:00	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS
Period 21 18:00 - 18:30	Cleaning Stations 1	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 22 18:30 - 19:00	Cleaning Stations 1	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	Evening Debrief	Evening Debrief	Evening Debrief	Evening Debrief	Evening Debrief	Evening Debrief	Evening Debrief
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 2

	Monday 22-Jul-24	Tuesday 23-Jul-24	Wednesday 24-Jul-24	Thursday 25-Jul-24	Friday 26-Jul-24	Saturday 27-Jul-24	Sunday 28-Jul-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Lunch - OTS	EMA / ABLUTIONS

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BREAKFAST 06:00 - 06:30	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	TRANSIT - RTS TO DSSG	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection
Period 4 08:00 - 08:30	LS 1.1.2 â€ Explain how Lead Self development occurs	LS 1.2.1 â€ Live the NZDF ethos and values	LS 1.2.4 â€ Explain why and how to confront and resolve conflict	ID CARD ISSUE - DSSG	TRANSIT TO PT	GSK - Phonetic Alphabet	KIT Naming
Period 5 08:30 - 09:00	LS 1.1.2 â€ Explain how Lead Self development occurs	LS 1.2.1 â€ Live the NZDF ethos and values	LS 1.2.4 â€ Explain why and how to confront and resolve conflict	ID CARD ISSUE - DSSG	PT - INTRO TO GYM CIRCUIT	GSK - Phonetic Alphabet	KIT Naming
Period 6 09:00 - 09:30	LS 1.1.2 â€ Explain how Lead Self development occurs	LS 1.2.1 â€ Live the NZDF ethos and values	LS 1.2.4 â€ Explain why and how to confront and resolve conflict	ID CARD ISSUE - DSSG	PT - INTRO TO GYM CIRCUIT	GSK - Written Orders	KIT Naming
Period 7 09:30 - 10:00	LS 1.1.2 â€ Explain how Lead Self development occurs	TRANSIT TO PARADE	Discrimination, Harrassment and Bullying	TRANSIT TO PARADE	TRANSIT TO RTS	GSK - Written Orders	KIT Naming
Period 8 10:00 - 10:30	TRANSIT TO PARADE	Parade Lesson 2	Discrimination, Harrassment and Bullying	Parade Lesson 3	DIXS Introduction	GSK - Flags	KIT Naming
Period 9 10:30 - 11:00	Parade Lesson 1	Parade Lesson 2	Discrimination, Harrassment and Bullying	Parade Lesson 3	DIXS Introduction	GSK - Flags	KIT Naming
Period 10 11:00 - 11:30	Parade Lesson 1	Parade Lesson 2	Directorate Diversity & Inclusion Brief	Parade Lesson 3	DIXS Introduction	GSK - RNZN Units	KIT Naming
Period 11 11:30 - 12:00	Parade Lesson 1	TRANSIT TO RTS	Directorate Diversity & Inclusion Brief	TRANSIT TO RTS	DIXS Introduction	GSK - RNZN Units	KIT Naming
LUNCH 12:00 - 12:30	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS
LUNCH 12:30 - 13:00	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS
Period 12 13:00 - 13:30	GSK - NZDF Org Structure	Haka Training - Lesson 1	TRANSIT - DSSG TO BOATS PONTOON	LS 1.2.5 â€ Explain why and how a make well informed judgements and decisions	TRANSIT	GSK - Naval Ceremonies	KIT Naming
Period 13 13:30 - 14:00	GSK - NZDF Org Structure	Haka Training - Lesson 1	PST - Boats Pontoon	LS 1.2.5 â€ Explain why and how a make well informed judgements and decisions	KIT UP	GSK - Naval Ceremonies	KIT Naming
Period 14 14:00 - 14:30	GSK - NZDF Org Structure	Haka Training - Lesson 1	PST - Boats Pontoon	LS 1.2.5 â€ Explain why and how a make well informed judgements and decisions	KIT UP	GSK - Naval Ceremonies	KIT Naming
Period 15 14:30 - 15:00	TRANSIT TO PT	LS 1.2.2 â€ Use an Above the Line/Below the Line Model	PST - Boats Pontoon	LS 1.2.5 â€ Explain why and how a make well informed judgements and decisions	KIT UP		KIT Naming
Period 16 15:00 - 15:30	PT - FORMAL EXERCISE TECHNIQUE WITH LOAD	LS 1.2.2 â€ Use an Above the Line/Below the Line Model	TRANSIT TO RTS	Self Reflection	KIT UP		KIT Naming
Period 17 15:30 - 16:00	PT - FORMAL EXERCISE TECHNIQUE WITH LOAD	LS 1.2.3 â€ Explain why and how to build trust	Order & Regularity	Self Reflection	KIT UP		KIT Naming
Period 18 16:00 - 16:30	PT - FORMAL EXERCISE TECHNIQUE WITH LOAD		Order & Regularity	LS 1.2.6 â€ Explain the Lead Self leaderâ€™s role in team development	KIT UP		KIT Naming
Period 19 16:30 - 17:00	TRANSIT TO RTS		Order & Regularity	LS 1.2.6 â€ Explain the Lead Self leaderâ€™s role in team development	KIT UP		KIT Naming
Period 20 17:00 - 17:30					TRANSIT - FLEET GYM TO RTS		KIT Naming
DINNER 17:30 - 18:00	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	Evening Debrief	Evening Debrief	Evening Debrief	Evening Debrief	Evening Debrief	Evening Debrief	Evening Debrief
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 3

	Monday 29-Jul-24	Tuesday 30-Jul-24	Wednesday 31-Jul-24	Thursday 1-Aug-24	Friday 2-Aug-24	Saturday 3-Aug-24	Sunday 4-Aug-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS
BREAKFAST 06:00 - 06:30	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 2	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	TRANSIT RTS TO ELS	Mess Deck Inspection	Mess Deck Inspection

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07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	TRANSIT TO ELS	Mess Deck Inspection	Mess Deck Inspection
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	ELS Gear Uplift	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection
Period 4 08:00 - 08:30	LOAC Basic	Suicide & Self Harm Brief	Bystander Awareness Brief	LS 1.2.8 â€ Explain the need to act in accordance with intent	ELS Gear Uplift	KIT/ STUDY	SPARE 3
Period 5 08:30 - 09:00	LOAC Basic	Suicide & Self Harm Brief	Bystander Awareness Brief	LS 1.2.8 â€ Explain the need to act in accordance with intent	TRANSIT - ELS TO RTS	KIT/ STUDY	SPARE 3
Period 6 09:00 - 09:30	LOAC Basic	Suicide & Self Harm Brief	Bystander Awareness Brief	LS 1.2.8 â€ Explain the need to act in accordance with intent	Resilience Hardiness (Mastery)	KIT/ STUDY	Church Service
Period 7 09:30 - 10:00	LOAC Basic	Suicide & Self Harm Brief	Bystander Awareness Brief	TRANSIT TO POOL	Resilience Hardiness (Mastery)	KIT/ STUDY	SPARE 3
Period 8 10:00 - 10:30	LOAC Basic	Suicide & Self Harm Brief	SERR Training	PT - SWIMMING	Resilience Hardiness (Mastery)	KIT/ STUDY	Order & Regularity Exam
Period 9 10:30 - 11:00	LOAC Basic	SPARE 3	SERR Training	PT - SWIMMING	Resilience Hardiness (Mastery)	KIT/ STUDY	Order & Regularity Exam
Period 10 11:00 - 11:30	LOAC Basic	Haka Training - Lesson 2	SERR Training	PT - SWIMMING	Mindfulness Intro	KIT/ STUDY	Order & Regularity Exam
Period 11 11:30 - 12:00	LOAC Basic	Haka Training - Lesson 2	SERR Training	TRANSIT TO RTS	Mindfulness Intro	KIT/ STUDY	Order & Regularity Exam
LUNCH 12:00 - 12:30	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS
LUNCH 12:30 - 13:00	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS
Period 12 13:00 - 13:30	KIT RETURNS	TRANSIT TO PARADE	SERR Training	Information Security Brief	TRANSIT TO PT	KIT/ STUDY	KIT/ STUDY
Period 13 13:30 - 14:00	KIT RETURNS	Parade Lesson 4	SERR Training	Information Security Brief	PT - GYM CIRCUIT OFF FEET.	KIT / STUDY	KIT/ STUDY
Period 14 14:00 - 14:30	Wardroom Living	Parade Lesson 4	TRANSIT TO PARADE	Information Security Brief	PT - GYM CIRCUIT OFF FEET.	KIT / STUDY	KIT/ STUDY
Period 15 14:30 - 15:00	Wardroom Living	Parade Lesson 4	Parade Lesson 5	Information Security Brief	PT - GYM CIRCUIT OFF FEET.	KIT / STUDY	KIT/ STUDY
Period 16 15:00 - 15:30	Wardroom Living	TRANSIT TO RTS	Parade Lesson 5	LS 1.2.9 â€ Explain why and how to change to enable continuous improvement	TRANSIT TO RTS	KIT / STUDY	Journal Writing
Period 17 15:30 - 16:00	Wardroom Living	LS 1.2.7 â€ Explain why and how to adapt to and support culture	Parade Lesson 5	LS 1.2.9 â€ Explain why and how to change to enable continuous improvement			Journal Writing
Period 18 16:00 - 16:30	Wardroom Living	LS 1.2.7 â€ Explain why and how to adapt to and support culture		LS 1.2.9 â€ Explain why and how to change to enable continuous improvement			Journal Writing
Period 19 16:30 - 17:00	Wardroom Living	LS 1.2.7 â€ Explain why and how to adapt to and support culture		TRANSIT TO RTS			Journal Writing
Period 20 17:00 - 17:30							Journal Writing
DINNER 17:30 - 18:00	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	OTSO Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	OTSO Rounds	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 4

	Monday 5-Aug-24	Tuesday 6-Aug-24	Wednesday 7-Aug-24	Thursday 8-Aug-24	Friday 9-Aug-24	Saturday 10-Aug-24	Sunday 11-Aug-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS
BREAKFAST 06:00 - 06:30	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS	Breakfast - RTS
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Parade Lesson 6	PT - SOFT SURFACE AEROBIC INTERVALS	PT - CARDIO SOFT SURFACE	Cleaning Stations	Cleaning Stations
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Parade Lesson 6	PT - SOFT SURFACE AEROBIC INTERVALS	PT - CARDIO SOFT SURFACE	Mess Deck Inspection	Mess Deck Inspection
Period 3 07:30 - 08:00	TRANSIT	TRANSIT	TRANSIT	TRANSIT	TRANSIT	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection
Period 4 08:00 - 08:30	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Revision

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Period 5 08:30 - 09:00	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Revision
Period 6 09:00 - 09:30	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	Church Service
Period 7 09:30 - 10:00	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Revision
Period 8 10:00 - 10:30	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Revision
Period 9 10:30 - 11:00	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Revision
Period 10 11:00 - 11:30	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Revision
Period 11 11:30 - 12:00	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Revision
LUNCH 12:00 - 12:30	Lunch @ VMG	Lunch @ VMG	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS
LUNCH 12:30 - 13:00	Lunch @ VMG	Lunch @ VMG	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS
Period 12 13:00 - 13:30	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Exam
Period 13 13:30 - 14:00	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Exam
Period 14 14:00 - 14:30	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Exam
Period 15 14:30 - 15:00	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	MOVE TO OTS	GSK Exam
Period 16 15:00 - 15:30	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	GSK Revision	Journal Writing
Period 17 15:30 - 16:00	WPFA	WPFA	COMMS 1, 2 & 3	COMMS 1, 2 & 3	COMMS 4	GSK Revision	Journal Writing
Period 18 16:00 - 16:30	TRANSIT TO RTS	TRANSIT TO RTS	TRANSIT TO RTS	TRANSIT TO RTS	Oral Presentation Brief	GSK Revision	Journal Writing
Period 19 16:30 - 17:00	SPARE 4	SPARE 4	SPARE 4	SPARE 4	Oral Presentation Brief	GSK Revision	Journal Writing
Period 20 17:00 - 17:30	SPARE 4	SPARE 4	SPARE 4	SPARE 4	TRANSIT TO RTS	GSK Revision	Journal Writing
DINNER 17:30 - 18:00	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS	Scran - RTS
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 5

	Monday 12-Aug-24	Tuesday 13-Aug-24	Wednesday 14-Aug-24	Thursday 15-Aug-24	Friday 16-Aug-24	Saturday 17-Aug-24	Sunday 18-Aug-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS
BREAKFAST 06:00 - 06:30	Breakfast - RTS	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC
Period 1 06:30 - 07:00	Cleaning Station - OTS	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	Cleaning Stations	Cleaning Stations
Period 2 07:00 - 07:30	TRANSIT TO TLC	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	Mess Deck Inspection	Mess Deck Inspection
Period 3 07:30 - 08:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection
Period 4 08:00 - 08:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Kit Muster Prep
Period 5 08:30 - 09:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Kit Muster Prep
Period 6 09:00 - 09:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Church Service
Period 7	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Kit Muster Prep

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09:30 - 10:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Kit Muster Prep
Period 8 10:00 - 10:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Kit Muster Prep
Period 9 10:30 - 11:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Kit Muster Prep
Period 10 11:00 - 11:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Kit Muster Prep
Period 11 11:30 - 12:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	LMS	Kit Muster Prep
LUNCH 12:00 - 12:30	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	Lunch - OTS	Lunch - OTS
LUNCH 12:30 - 13:00	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	Lunch - OTS	Lunch - OTS
Period 12 13:00 - 13:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SPARE 5	Kit Muster Prep
Period 13 13:30 - 14:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	Refurb	SPARE 5	Kit Muster Prep
Period 14 14:00 - 14:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	Refurb	SPARE 5	Kit Muster Prep
Period 15 14:30 - 15:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	TLC Pack up / DO 1 on 1s	SPARE 5	Kit Muster Prep
Period 16 15:00 - 15:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	TLC Pack up / DO 1 on 1s	SPARE 5	Kit Muster Prep
Period 17 15:30 - 16:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	TRANSIT TO OTS	SPARE 5	Kit Muster Prep
Period 18 16:00 - 16:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	TRANSIT TO OTS		Kit Muster Prep
Period 19 16:30 - 17:00	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN			Kit Muster Prep
Period 20 17:00 - 17:30	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN	SHAKEDOWN			Kit Muster Prep
DINNER 17:30 - 18:00	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	Scran - OTS	Scran - OTS	Scran - OTS
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 6

	Monday 19-Aug-24	Tuesday 20-Aug-24	Wednesday 21-Aug-24	Thursday 22-Aug-24	Friday 23-Aug-24	Saturday 24-Aug-24	Sunday 25-Aug-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS
BREAKFAST 06:00 - 06:30	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	Breakfast - OTS
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection
Period 4 08:00 - 08:30	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	GLOCK AWQ
Period 5 08:30 - 09:00	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	GLOCK AWQ
Period 6 09:00 - 09:30	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	GLOCK AWQ
Period 7 09:30 - 10:00	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	GLOCK AWQ
Period 8 10:00 - 10:30	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	GLOCK AWQ
Period 9 10:30 - 11:00	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	GLOCK AWQ

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Period 10 11:00 - 11:30	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	GLOCK AWQ
Period 11 11:30 - 12:00	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	GLOCK AWQ
LUNCH 12:00 - 12:30	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC
LUNCH 12:30 - 13:00	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC
Period 12 13:00 - 13:30	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	Refurb
Period 13 13:30 - 14:00	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	Refurb
Period 14 14:00 - 14:30	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	Refurb
Period 15 14:30 - 15:00	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	TLC Pack up/ DO 1 on 1s
Period 16 15:00 - 15:30	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	TLC Pack up/ DO 1 on 1s
Period 17 15:30 - 16:00	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	End of Shakedown - Transit to OTS
Period 18 16:00 - 16:30	PT - CIRCUIT	MARS-L AWQ	PT - HARD SURFACE AEROBIC INTERVALS	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	End of Shakedown - Transit to OTS
Period 19 16:30 - 17:00	PT - CIRCUIT	MARS-L AWQ	PT - HARD SURFACE AEROBIC INTERVALS	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	End of Shakedown - Transit to OTS
Period 20 17:00 - 17:30	PT - CIRCUIT	MARS-L AWQ	PT - HARD SURFACE AEROBIC INTERVALS	MARS-L AWQ	GLOCK AWQ	GLOCK AWQ	
DINNER 17:30 - 18:00	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	DINE IN @ TLC	Scran - OTS
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 7

	Monday 26-Aug-24	Tuesday 27-Aug-24	Wednesday 28-Aug-24	Thursday 29-Aug-24	Friday 30-Aug-24	Saturday 31-Aug-24	Sunday 1-Sep-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA/ABLUTIONS - OTS	EMA/ABLUTIONS - OTS
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection
Period 4 08:00 - 08:30	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	D03020 - Lead Teams	Study	Prep CAN
Period 5 08:30 - 09:00	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	D03020 - Lead Teams	Study	Prep CAN
Period 6 09:00 - 09:30	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	D03020 - Lead Teams	Study	Prep CAN
Period 7 09:30 - 10:00	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	D03020 - Lead Teams	Study	Prep CAN
Period 8 10:00 - 10:30	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	D03020 - Lead Teams	Study	Prep CAN
Period 9 10:30 - 11:00	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	D03020 - Lead Teams	Study	Prep CAN
Period 10 11:00 - 11:30	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	D03020 - Lead Teams	Study	Prep CAN
Period 11 11:30 - 12:00	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	D03020 - Lead Teams	Study	Prep CAN
LUNCH	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS

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12:00 - 12:30	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS
LUNCH 12:30 - 13:00	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS
Period 12 13:00 - 13:30	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	TRANSIT TO PT	Study	Prep CAN
Period 13 13:30 - 14:00	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	MSFT - MID COURSE	Study	Prep CAN
Period 14 14:00 - 14:30	Survival at Sea - Basic	Naval History	D03020 - Lead Teams	D03020 - Lead Teams	MSFT - MID COURSE	Study	Prep CAN
Period 15 14:30 - 15:00	Survival at Sea - Basic	TRANSIT TO PT	D03020 - Lead Teams	D03020 - Lead Teams	MSFT - MID COURSE	Study	Prep CAN
Period 16 15:00 - 15:30	Survival at Sea - Basic	PT - SWIMMING 2	D03020 - Lead Teams	D03020 - Lead Teams	TRANSIT TO OTS	Study	Prep CAN
Period 17 15:30 - 16:00	TRANSIT TO OTS	PT - SWIMMING 2	D03020 - Lead Teams	D03020 - Lead Teams	GSMEAC & PICSIE Brief	Study	Prep CAN
Period 18 16:00 - 16:30	Study		TRANSIT TO PARADE	TRANSIT TO PARADE	Leave Expectations Brief	Study	Prep CAN
Period 19 16:30 - 17:00	Study		Parade Lesson - 10	Parade Lesson 11	SPARE 6	Study	Prep CAN
Period 20 17:00 - 17:30			Parade Lesson - 10	Parade Lesson 11	SPARE 6	Study	Prep CAN
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY			
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY			
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY			
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY			
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 8

	Monday 2-Sep-24	Tuesday 3-Sep-24	Wednesday 4-Sep-24	Thursday 5-Sep-24	Friday 6-Sep-24	Saturday 7-Sep-24	Sunday 8-Sep-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 2 privileges
BREAKFAST 06:00 - 06:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Breakfast - OTS	Leave for those NRFD IAWPH 2 privileges
Period 1 06:30 - 07:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges
Period 2 07:00 - 07:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Mess Deck Inspection	Leave for those NRFD IAWPH 2 privileges
Period 3 07:30 - 08:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 2 privileges
Period 4 08:00 - 08:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 5 08:30 - 09:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 6 09:00 - 09:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Church Service
Period 7 09:30 - 10:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 8 10:00 - 10:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 9 10:30 - 11:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 10 11:00 - 11:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 11 11:30 - 12:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:00 - 12:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:30 - 13:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 12 13:00 - 13:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges

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Period 13 13:30 - 14:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 14 14:00 - 14:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 15 14:30 - 15:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 16 15:00 - 15:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 17 15:30 - 16:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 18 16:00 - 16:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 19 16:30 - 17:00	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 20 17:00 - 17:30	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	HMNZS CANTERBURY	Refurb	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 9

	Monday 9-Sep-24	Tuesday 10-Sep-24	Wednesday 11-Sep-24	Thursday 12-Sep-24	Friday 13-Sep-24	Saturday 14-Sep-24	Sunday 15-Sep-24
Early Start 05:30 - 06:00	DLOC	DLOC	DLOC	DLOC	DLOC	EMA / ABLUTIONS	Leave for those NRFD IAWPH 2 privileges
BREAKFAST 06:00 - 06:30	DLOC	DLOC	DLOC	DLOC	DLOC	Breakfast - OTS	Leave for those NRFD IAWPH 2 privileges
Period 1 06:30 - 07:00	DLOC	DLOC	DLOC	DLOC	DLOC	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges
Period 2 07:00 - 07:30	DLOC	DLOC	DLOC	DLOC	DLOC	Mess Deck Inspection	Leave for those NRFD IAWPH 2 privileges
Period 3 07:30 - 08:00	DLOC	DLOC	DLOC	DLOC	DLOC	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 2 privileges
Period 4 08:00 - 08:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 5 08:30 - 09:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 6 09:00 - 09:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 7 09:30 - 10:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 8 10:00 - 10:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 9 10:30 - 11:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 10 11:00 - 11:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 11 11:30 - 12:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:00 - 12:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:30 - 13:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 12 13:00 - 13:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 13 13:30 - 14:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 14 14:00 - 14:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 15	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges

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14:30 - 15:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 16 15:00 - 15:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 17 15:30 - 16:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 18 16:00 - 16:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 19 16:30 - 17:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 20 17:00 - 17:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
DINNER 17:30 - 18:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 21 18:00 - 18:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 22 18:30 - 19:00	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 23 19:00 - 19:30	DLOC	DLOC	DLOC	DLOC	DLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 24 19:30 - 20:00	DLOC	DLOC	DLOC	DLOC	DLOC	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	DLOC	DLOC	DLOC	DLOC	DLOC	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	DLOC	DLOC	DLOC	DLOC	DLOC	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	DLOC	DLOC	DLOC	DLOC	DLOC	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00	DLOC	DLOC	DLOC	DLOC	DLOC		
Period 29 22:00 - 22:30	DLOC	DLOC	DLOC	DLOC	DLOC		
Period 30 22:30 - 23:00	DLOC	DLOC	DLOC	DLOC	DLOC		

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 10

	Monday 16-Sep-24	Tuesday 17-Sep-24	Wednesday 18-Sep-24	Thursday 19-Sep-24	Friday 20-Sep-24	Saturday 21-Sep-24	Sunday 22-Sep-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 2 privileges
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Leave for those NRFD IAWPH 2 privileges
Period 1 06:30 - 07:00	Cleaning Stations	PT- MAS	Cleaning Stations	PT - MINOR GAMES	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges
Period 2 07:00 - 07:30	Mess Deck Inspection	PT- MAS	Mess Deck Inspection	PT - MINOR GAMES	Mess Deck Inspection	Mess Deck Inspection	Leave for those NRFD IAWPH 2 privileges
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 2 privileges
Period 4 08:00 - 08:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 5 08:30 - 09:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 6 09:00 - 09:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 7 09:30 - 10:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 8 10:00 - 10:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 9 10:30 - 11:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 10 11:00 - 11:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 11 11:30 - 12:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:00 - 12:30	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:30 - 13:00	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Leave for those NRFD IAWPH 2 privileges
Period 12 13:00 - 13:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 13 13:30 - 14:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 14 14:00 - 14:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 15 14:30 - 15:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 16 15:00 - 15:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 17 15:30 - 16:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges

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Period 18 16:00 - 16:30	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 19 16:30 - 17:00	Study	Study	Study	Study	Study	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 20 17:00 - 17:30	Study	Study	Study	Study	Study	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 11

	Monday 23-Sep-24	Tuesday 24-Sep-24	Wednesday 25-Sep-24	Thursday 26-Sep-24	Friday 27-Sep-24	Saturday 28-Sep-24	Sunday 29-Sep-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 2 privileges
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Leave for those NRFD IAWPH 2 privileges
Period 1 06:30 - 07:00	Cleaning Stations	PT- MAS	Cleaning Stations	PT- MAS	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges
Period 2 07:00 - 07:30	Mess Deck Inspection	PT- MAS	Mess Deck Inspection	PT- MAS	Mess Deck Inspection	Mess Deck Inspection	Leave for those NRFD IAWPH 2 privileges
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 2 privileges
Period 4 08:00 - 08:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 5 08:30 - 09:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 6 09:00 - 09:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 7 09:30 - 10:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 8 10:00 - 10:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 9 10:30 - 11:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 10 11:00 - 11:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 11 11:30 - 12:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:00 - 12:30	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:30 - 13:00	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Leave for those NRFD IAWPH 2 privileges
Period 12 13:00 - 13:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 13 13:30 - 14:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 14 14:00 - 14:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 15 14:30 - 15:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 16 15:00 - 15:30	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 17 15:30 - 16:00	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Sea Qualifying Damage Control	Leave for those NRFD IAWPH 2 privileges
Period 18 16:00 - 16:30	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	TRANSIT - SQDC TO OTS	Leave for those NRFD IAWPH 2 privileges
Period 19 16:30 - 17:00	Study	Study	Study	Study	Study	Study	Leave for those NRFD IAWPH 2 privileges
Period 20							

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17:00 - 17:30	Study	Study	Study	Study	Study	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 12

	Monday 30-Sep-24	Tuesday 1-Oct-24	Wednesday 2-Oct-24	Thursday 3-Oct-24	Friday 4-Oct-24	Saturday 5-Oct-24	Sunday 6-Oct-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 2 privileges
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Leave for those NRFD IAWPH 2 privileges
Period 1 06:30 - 07:00	Cleaning Stations	PT- MAS	Cleaning Stations	PT- MAS	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges
Period 2 07:00 - 07:30	Mess Deck Inspection	PT- MAS	Mess Deck Inspection	PT- MAS	Mess Deck Inspection	Mess Deck Inspection	Leave for those NRFD IAWPH 2 privileges
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 2 privileges
Period 4 08:00 - 08:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 5 08:30 - 09:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 6 09:00 - 09:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 7 09:30 - 10:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 8 10:00 - 10:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 9 10:30 - 11:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 10 11:00 - 11:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 11 11:30 - 12:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:00 - 12:30	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:30 - 13:00	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Leave for those NRFD IAWPH 2 privileges
Period 12 13:00 - 13:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 13 13:30 - 14:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 14 14:00 - 14:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 15 14:30 - 15:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 16 15:00 - 15:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 17 15:30 - 16:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges
Period 18 16:00 - 16:30	TRANSIT SQS - OTS	TRANSIT SQS - OTS	TRANSIT SQS - OTS	TRANSIT SQS - OTS	TRANSIT SQS - OTS	TRANSIT SQS - OTS	Leave for those NRFD IAWPH 2 privileges
Period 19 16:30 - 17:00	Study	Study	Study	Study	Study	Study	Leave for those NRFD IAWPH 2 privileges
Period 20 17:00 - 17:30	Study	Study	Study	Study	Study	Study	Leave for those NRFD IAWPH 2 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Leave for those NRFD IAWPH 2 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges

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Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 13

	Monday 7-Oct-24	Tuesday 8-Oct-24	Wednesday 9-Oct-24	Thursday 10-Oct-24	Friday 11-Oct-24	Saturday 12-Oct-24	Sunday 13-Oct-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 2 privileges
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Leave for those NRFD IAWPH 2 privileges
Period 1 06:30 - 07:00	Cleaning Stations	PT- MAS	Cleaning Stations	PT- MAS	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges
Period 2 07:00 - 07:30	Mess Deck Inspection	PT- MAS	Mess Deck Inspection	PT- MAS	Mess Deck Inspection	Mess Deck Inspection	Leave for those NRFD IAWPH 2 privileges
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 2 privileges
Period 4 08:00 - 08:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 5 08:30 - 09:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 6 09:00 - 09:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 7 09:30 - 10:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 8 10:00 - 10:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 9 10:30 - 11:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 10 11:00 - 11:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 11 11:30 - 12:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:00 - 12:30	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:30 - 13:00	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Bagged Lunches	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 12 13:00 - 13:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 13 13:30 - 14:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 14 14:00 - 14:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 15 14:30 - 15:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 16 15:00 - 15:30	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 17 15:30 - 16:00	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Sea Qualifying Seamanship	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 18 16:00 - 16:30	TRANSIT SQS - OTS	TRANSIT SQS - OTS	TRANSIT SQS - OTS	TRANSIT SQS - OTS	TRANSIT SQS - OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 19 16:30 - 17:00	Military Appreciation Planning Lesson	Study	Study	Study	Study	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 20 17:00 - 17:30	Military Appreciation Planning Lesson	Study	Study	Study	Study	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 24	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY

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19:30 - 20:00	NT / STUDY	NT / STUDY	NT / STUDY	NT / STUDY	NT / STUDY	NT / STUDY	NT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 14

	Monday 14-Oct-24	Tuesday 15-Oct-24	Wednesday 16-Oct-24	Thursday 17-Oct-24	Friday 18-Oct-24	Saturday 19-Oct-24	Sunday 20-Oct-24
Early Start 05:30 - 06:00	OLOC	OLOC	OLOC	OLOC	OLOC	EMA / ABLUTIONS	Leave for those NRFD IAWPH 2 privileges
BREAKFAST 06:00 - 06:30	OLOC	OLOC	OLOC	OLOC	OLOC	Naval History - 2	Leave for those NRFD IAWPH 2 privileges
Period 1 06:30 - 07:00	OLOC	OLOC	OLOC	OLOC	OLOC	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges
Period 2 07:00 - 07:30	OLOC	OLOC	OLOC	OLOC	OLOC	Mess Deck Inspection	Leave for those NRFD IAWPH 2 privileges
Period 3 07:30 - 08:00	OLOC	OLOC	OLOC	OLOC	OLOC	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 2 privileges
Period 4 08:00 - 08:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 5 08:30 - 09:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 6 09:00 - 09:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 7 09:30 - 10:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 8 10:00 - 10:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 9 10:30 - 11:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 10 11:00 - 11:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 11 11:30 - 12:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:00 - 12:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:30 - 13:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 12 13:00 - 13:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 13 13:30 - 14:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 14 14:00 - 14:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 15 14:30 - 15:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 16 15:00 - 15:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 17 15:30 - 16:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 18 16:00 - 16:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 19 16:30 - 17:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 20 17:00 - 17:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
DINNER 17:30 - 18:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 21 18:00 - 18:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 22 18:30 - 19:00	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 23 19:00 - 19:30	OLOC	OLOC	OLOC	OLOC	OLOC	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 24 19:30 - 20:00	OLOC	OLOC	OLOC	OLOC	OLOC	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	OLOC	OLOC	OLOC	OLOC	OLOC	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	OLOC	OLOC	OLOC	OLOC	OLOC	KIT / STUDY	KIT / STUDY

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Period 27 21:00 - 21:30	OLOC	OLOC	OLOC	OLOC	OLOC	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 15

	Monday 21-Oct-24	Tuesday 22-Oct-24	Wednesday 23-Oct-24	Thursday 24-Oct-24	Friday 25-Oct-24	Saturday 26-Oct-24	Sunday 27-Oct-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 2 privileges
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Leave for those NRFD IAWPH 2 privileges
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Divisions with BCT	Mess Deck Inspection	Leave for those NRFD IAWPH 2 privileges
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Divisions with BCT	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 2 privileges
Period 4 08:00 - 08:30	Naval History - 2	TRANSIT TO OTS	TRANSIT TO PT	Media Awareness	Divisions with BCT	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 5 08:30 - 09:00	Naval History - 2	Parade Lesson 14	PT - SWIMMING 3	Media Awareness	TRANSIT TO OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 6 09:00 - 09:30	Naval History - 2	Parade Lesson 14	PT - SWIMMING 3	Mindfulness	Alcohol & Drug Misuse	Leave for those NRFD IAWPH 2 privileges	Church Service
Period 7 09:30 - 10:00	Naval History - 2	Parade Lesson 14	PT - SWIMMING 3	Mindfulness	Alcohol & Drug Misuse	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 8 10:00 - 10:30	Naval History - 2	TRANSIT TO OTS	TRANSIT TO OTS	TRANSIT	Alcohol & Drug Misuse	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 9 10:30 - 11:00	Naval History - 2	OOD Module	Discrimination & Harassment Survey	RADHAZ	Alcohol & Drug Misuse	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 10 11:00 - 11:30	Naval History - 2	OOD Module	Discrimination & Harassment Survey	RADHAZ		Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 11 11:30 - 12:00	Naval History - 2	OOD Module	Discrimination & Harassment Survey	TRANSIT TO OTS		Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:00 - 12:30	Bagged Lunches	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
LUNCH 12:30 - 13:00	Bagged Lunches	Lunch - OTS	Lunch - OTS	Lunch - OTS	TRANSIT	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 12 13:00 - 13:30	Naval History - 2	TRANSIT TO PT	TRANSIT TO PARADE	Haka Lesson 3	Booster Vaccinations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 13 13:30 - 14:00	Naval History - 2	PT - GYM CIRCUIT (OFF FEET)	Parade Lesson 15	Haka Lesson 3	Booster Vaccinations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 14 14:00 - 14:30	Naval History - 2	PT - GYM CIRCUIT (OFF FEET)	Parade Lesson 15	Matauranga Maori - Basic - Marae Overnight	Booster Vaccinations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 15 14:30 - 15:00	TRANSIT	PT - GYM CIRCUIT (OFF FEET)	Parade Lesson 15	Matauranga Maori - Basic - Marae Overnight	Booster Vaccinations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 16 15:00 - 15:30		TRANSIT TO OTS	TRANSIT TO OTS	Matauranga Maori - Basic - Marae Overnight	Booster Vaccinations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 17 15:30 - 16:00				Matauranga Maori - Basic - Marae Overnight	Booster Vaccinations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 18 16:00 - 16:30				Matauranga Maori - Basic - Marae Overnight	TRANSIT TO OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 19 16:30 - 17:00				Matauranga Maori - Basic - Marae Overnight		Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 20 17:00 - 17:30				Matauranga Maori - Basic - Marae Overnight		Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	Matauranga Maori - Basic - Marae Overnight	Scran - OTS	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Matauranga Maori - Basic - Marae Overnight	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Matauranga Maori - Basic - Marae Overnight	Cleaning Stations	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Matauranga Maori - Basic - Marae Overnight	Rounds	Leave for those NRFD IAWPH 2 privileges	Leave for those NRFD IAWPH 2 privileges
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	Matauranga Maori - Basic - Marae Overnight	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	Matauranga Maori - Basic - Marae Overnight	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	Matauranga Maori - Basic - Marae Overnight	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	Matauranga Maori - Basic - Marae Overnight	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00				Matauranga Maori - Basic - Marae Overnight			
Period 29				Matauranga Maori - Basic - Marae Overnight			

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22:00 - 22:30				Matauranga Maori - Basic - Marae Overnight		
Period 30 22:30 - 23:00				Matauranga Maori - Basic - Marae Overnight		

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 16

	Monday 28-Oct-24	Tuesday 29-Oct-24	Wednesday 30-Oct-24	Thursday 31-Oct-24	Friday 1-Nov-24	Saturday 2-Nov-24	Sunday 3-Nov-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Leave for those NRFD IAWPH 3 privileges
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Divisions with BCT	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Divisions with BCT	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 4 08:00 - 08:30	LABOUR DAY	Confidence Course	IED Training	TRANSIT TO PARADE	Divisions with BCT	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 5 08:30 - 09:00	LABOUR DAY	Confidence Course	IED Training	Parade Lesson 17	Parade Lesson 18	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 6 09:00 - 09:30	LABOUR DAY	Confidence Course	IED Training	Parade Lesson 17	Parade Lesson 18	Leave for those NRFD IAWPH 3 privileges	Church Service
Period 7 09:30 - 10:00	LABOUR DAY	Confidence Course	IED Training	Parade Lesson 17	Parade Lesson 18	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 8 10:00 - 10:30	LABOUR DAY	Confidence Course	IED Training	TRANSIT TO OTS	TRANSIT TO PT	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 9 10:30 - 11:00	LABOUR DAY	Confidence Course	IED Training	RNZN Strategic Context Brief	PT - TWIN PEAKS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 10 11:00 - 11:30	LABOUR DAY	Confidence Course	IED Training	RNZN Strategic Context Brief	PT - TWIN PEAKS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 11 11:30 - 12:00	LABOUR DAY	Confidence Course	IED Training	RNZN Strategic Context Brief	PT - TWIN PEAKS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
LUNCH 12:00 - 12:30	LABOUR DAY	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
LUNCH 12:30 - 13:00	LABOUR DAY	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 12 13:00 - 13:30	LABOUR DAY	TRANSIT TO PARADE	SPARE 9	TRANSIT TO PT	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 13 13:30 - 14:00	LABOUR DAY	Parade Lesson 16	SPARE 9	PT - SPORTS SKILLS	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 14 14:00 - 14:30	LABOUR DAY	Parade Lesson 16	SPARE 9	PT - SPORTS SKILLS	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 15 14:30 - 15:00	LABOUR DAY	Parade Lesson 16	SPARE 9	PT - SPORTS SKILLS	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 16 15:00 - 15:30	LABOUR DAY	TRANSIT TO OTS	SPARE 9	TRANSIT TO OTS	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 17 15:30 - 16:00	LABOUR DAY	SPARE 9	SPARE 9	SPARE 9	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 18 16:00 - 16:30	LABOUR DAY	SPARE 9	SPARE 9	SPARE 9	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 19 16:30 - 17:00	LABOUR DAY	SPARE 9	Prepare for TMD	SPARE 9	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 20 17:00 - 17:30	LABOUR DAY	SPARE 9	Board Ceremony	SPARE 9	SPARE 9	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Board Ceremony	Scran - OTS	Scran - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Board Ceremony	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Training Mess Dinner	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 23 19:00 - 19:30	Rounds	Rounds	Training Mess Dinner	Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	Training Mess Dinner	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	Training Mess Dinner	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	Training Mess Dinner	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	Training Mess Dinner	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00	LABOUR DAY		Training Mess Dinner				
Period 29 22:00 - 22:30	LABOUR DAY						
Period 30 22:30 - 23:00	LABOUR DAY						

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	4-Nov-24	5-Nov-24	6-Nov-24	7-Nov-24	8-Nov-24	9-Nov-24	10-Nov-24
Early Start 05:30 - 06:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
BREAKFAST 06:00 - 06:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 1 06:30 - 07:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 2 07:00 - 07:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 3 07:30 - 08:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 4 08:00 - 08:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 5 08:30 - 09:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 6 09:00 - 09:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 7 09:30 - 10:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 8 10:00 - 10:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Refurb..	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 9 10:30 - 11:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Refurb..	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 10 11:00 - 11:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	TRANSIT	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 11 11:30 - 12:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	TRANSIT	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
LUNCH 12:00 - 12:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Lunch - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
LUNCH 12:30 - 13:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Lunch - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 12 13:00 - 13:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Peer to Peer Feedback - Divisional 2.	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 13 13:30 - 14:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Peer to Peer Feedback - Divisional 2.	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 14 14:00 - 14:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Peer to Peer Feedback - Divisional 2.	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 15 14:30 - 15:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Peer to Peer Feedback - Divisional 2.	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 16 15:00 - 15:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Peer to Peer Feedback - Divisional 2.	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 17 15:30 - 16:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	SPARE 10	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 18 16:00 - 16:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	SPARE 10	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 19 16:30 - 17:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	SPARE 10	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 20 17:00 - 17:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	SPARE 10	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
DINNER 17:30 - 18:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Scran - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 21 18:00 - 18:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 22 18:30 - 19:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 23 19:00 - 19:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	Op Haututanga	Op Haututanga	Op Haututanga	Op Haututanga	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 18

	Monday 11-Nov-24	Tuesday 12-Nov-24	Wednesday 13-Nov-24	Thursday 14-Nov-24	Friday 15-Nov-24	Saturday 16-Nov-24	Sunday 17-Nov-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Leave for those NRFD IAWPH 3 privileges

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Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 4 08:00 - 08:30	TRANSIT TO PT	JOCMC Intro & Interviews	TRANSIT TO PT	Parade Lesson 21	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 5 08:30 - 09:00	MSFT - FINAL	JOCMC Intro & Interviews	PT - SOFT SURFACE AEROBIC INTERVALS	Parade Lesson 21	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 6 09:00 - 09:30	MSFT - FINAL	JOCMC Intro & Interviews	PT - SOFT SURFACE AEROBIC INTERVALS	Parade Lesson 21	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 7 09:30 - 10:00	MSFT - FINAL	JOCMC Intro & Interviews	PT - SOFT SURFACE AEROBIC INTERVALS	TRANSIT TO PT	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 8 10:00 - 10:30	TRANSIT TO PARADE	SPARE 11	TRANSIT TO OTS	PT - MINOR GAMES	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 9 10:30 - 11:00	Parade Lesson 19	SPARE 11	SPARE 11	PT - MINOR GAMES	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 10 11:00 - 11:30	Parade Lesson 19	SPARE 11	SPARE 11	PT - MINOR GAMES	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 11 11:30 - 12:00	Parade Lesson 19	SPARE 11	SPARE 11	TRANSIT TO OTS	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
LUNCH 12:00 - 12:30	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
LUNCH 12:30 - 13:00	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 12 13:00 - 13:30	Mindfulness	TRANSIT TO PARADE	SPARE 11	Haka Lesson 4	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 13 13:30 - 14:00	Mindfulness	Parade Lesson 20	SPARE 11	Haka Lesson 4	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 14 14:00 - 14:30	SPARE 11	Parade Lesson 20	SPARE 11	TRANSIT	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 15 14:30 - 15:00	SPARE 11	Parade Lesson 20	SPARE 11	Oral Presentation Preparation	ORAL PRESENTATIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 16 15:00 - 15:30	SPARE 11	TRANSIT TO OTS	SPARE 11	Oral Presentation Preparation	TRANSIT TO OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 17 15:30 - 16:00	SPARE 11	SPARE 11	SPARE 11	Oral Presentation Preparation	SPARE 11	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 18 16:00 - 16:30	SPARE 11	SPARE 11	SPARE 11	SPARE 11	SPARE 11	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 19 16:30 - 17:00	SPARE 11	SPARE 11	SPARE 11	SPARE 11	SPARE 11	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 20 17:00 - 17:30	SPARE 11	SPARE 11	SPARE 11	SPARE 11	SPARE 11	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	MEET THE FLEET/TGIT	Scran - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	MEET THE FLEET/TGIT	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	MEET THE FLEET/TGIT	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	MEET THE FLEET/TGIT	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 19

	Monday 18-Nov-24	Tuesday 19-Nov-24	Wednesday 20-Nov-24	Thursday 21-Nov-24	Friday 22-Nov-24	Saturday 23-Nov-24	Sunday 24-Nov-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	JOIST	JOIST	JOIST
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	JOIST	JOIST	JOIST
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	JOIST	JOIST	JOIST
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	JOIST	JOIST	JOIST
Period 3	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	JOIST	JOIST	JOIST

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07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	JOIST	JOIST	JOIST
Period 4 08:00 - 08:30	CIM Training	CIM Training	CIM Training	TRANSIT TO PT	JOIST	JOIST	JOIST
Period 5 08:30 - 09:00	CIM Training	CIM Training	CIM Training	KT CUP	JOIST	JOIST	JOIST
Period 6 09:00 - 09:30	CIM Training	CIM Training	CIM Training	KT CUP	JOIST	JOIST	JOIST
Period 7 09:30 - 10:00	CIM Training	CIM Training	CIM Training	KT CUP	JOIST	JOIST	JOIST
Period 8 10:00 - 10:30	CIM Training	CIM Training	CIM Training	KT CUP	JOIST	JOIST	JOIST
Period 9 10:30 - 11:00	CIM Training	CIM Training	CIM Training	KT CUP	JOIST	JOIST	JOIST
Period 10 11:00 - 11:30	CIM Training	CIM Training	CIM Training	TRANSIT TO OTS	JOIST	JOIST	JOIST
Period 11 11:30 - 12:00	CIM Training	CIM Training	CIM Training	SPARE 12	JOIST	JOIST	JOIST
LUNCH 12:00 - 12:30	CIM Training	CIM Training	CIM Training	Lunch - OTS	JOIST	JOIST	JOIST
LUNCH 12:30 - 13:00	CIM Training	CIM Training	CIM Training	Lunch - OTS	JOIST	JOIST	JOIST
Period 12 13:00 - 13:30	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
Period 13 13:30 - 14:00	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
Period 14 14:00 - 14:30	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
Period 15 14:30 - 15:00	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
Period 16 15:00 - 15:30	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
Period 17 15:30 - 16:00	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
Period 18 16:00 - 16:30	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
Period 19 16:30 - 17:00	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
Period 20 17:00 - 17:30	CIM Training	CIM Training	CIM Training	JOIST	JOIST	JOIST	JOIST
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	JOIST	JOIST	JOIST	JOIST
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	JOIST	JOIST	JOIST	JOIST
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	JOIST	JOIST	JOIST	JOIST
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	JOIST	JOIST	JOIST	JOIST
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	JOIST	JOIST	JOIST	JOIST
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	JOIST	JOIST	JOIST	JOIST
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	JOIST	JOIST	JOIST	JOIST
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	JOIST	JOIST	JOIST	JOIST
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 20

	Monday 25-Nov-24	Tuesday 26-Nov-24	Wednesday 27-Nov-24	Thursday 28-Nov-24	Friday 29-Nov-24	Saturday 30-Nov-24	Sunday 1-Dec-24
Early Start 05:30 - 06:00	JOIST	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
BREAKFAST 06:00 - 06:30	JOIST	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 1 06:30 - 07:00	JOIST	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 2 07:00 - 07:30	JOIST	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	CLD Divisions	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 3 07:30 - 08:00	JOIST	TRANSIT TO PARADE	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	CLD Divisions	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 4 08:00 - 08:30	JOIST	Parade Lesson 23	TRANSIT TO PARADE	E Cup	CLD Divisions	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 5 08:30 - 09:00	JOIST	Parade Lesson 23	Parade Lesson 24	E Cup	CLD Divisions	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges

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Period 6 09:00 - 09:30	JOIST	Parade Lesson 23	Parade Lesson 24	E Cup	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 7 09:30 - 10:00	JOIST	TRANSIT TO/FROM PARADE GROUND	Parade Lesson 24	E Cup	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 8 10:00 - 10:30	JOIST	Divisional & Individual Photos	TRANSIT TO OTS	E Cup	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 9 10:30 - 11:00	JOIST	Divisional & Individual Photos	SPARE 13	E Cup	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 10 11:00 - 11:30	JOIST	Divisional & Individual Photos	SPARE 13	E Cup	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 11 11:30 - 12:00	JOIST	TRANSIT TO/FROM PARADE GROUND	SPARE 13	E Cup	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
LUNCH 12:00 - 12:30	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
LUNCH 12:30 - 13:00	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Lunch - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 12 13:00 - 13:30		TRANSIT TO PT	E-CUP Brief	SPARE 13	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 13 13:30 - 14:00		PT - YOGA	E-CUP Brief	Kapa Haka (With BCT)	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 14 14:00 - 14:30		PT - YOGA	SPARE 13	CLD Divisions Rehearsal	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 15 14:30 - 15:00		PT - YOGA	SPARE 13	CLD Divisions Rehearsal	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 16 15:00 - 15:30	TRANSIT TO PARADE	TRANSIT TO OTS	SPARE 13	CLD Divisions Rehearsal	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 17 15:30 - 16:00	Parade Lesson 22	SPARE 13	SPARE 13	CLD Divisions Rehearsal	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 18 16:00 - 16:30	Parade Lesson 22	SPARE 13	SPARE 13	SPARE 13	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 19 16:30 - 17:00	Parade Lesson 22	SPARE 13	Prep for Graduation Evening Reception	SPARE 13	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 20 17:00 - 17:30	TRANSIT TO OTS	SPARE 13	Officer's Pledge	SPARE 13	GRADUATION TRAINING	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Officer's Pledge	Scran - OTS	Scran - OTS	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 21 18:00 - 18:30	Cleaning Stations	Naval History Movie Night	Officer's Pledge	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 22 18:30 - 19:00	Cleaning Stations	Naval History Movie Night	Graduation Evening Reception	Cleaning Stations	Cleaning Stations	Leave for those NRFD IAWPH 3 privileges	Leave for those NRFD IAWPH 3 privileges
Period 23 19:00 - 19:30	Rounds	Naval History Movie Night	Graduation Evening Reception	Rounds	Rounds	Rounds	Rounds
Period 24 19:30 - 20:00	KIT / STUDY	Naval History Movie Night	Graduation Evening Reception	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	Graduation Evening Reception	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	Graduation Evening Reception	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	Graduation Evening Reception	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY
Period 28 21:30 - 22:00			Graduation Evening Reception				
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 21

	Monday 2-Dec-24	Tuesday 3-Dec-24	Wednesday 4-Dec-24	Thursday 5-Dec-24	Friday 6-Dec-24	Saturday 7-Dec-24	Sunday 8-Dec-24
Early Start 05:30 - 06:00	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	EMA / ABLUTIONS	
BREAKFAST 06:00 - 06:30	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	Breakfast - OTS	
Period 1 06:30 - 07:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	
Period 2 07:00 - 07:30	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection	Mess Deck Inspection		
Period 3 07:30 - 08:00	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	Colours Ceremony/ Rig Inspection	
Period 4 08:00 - 08:30	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION PARADE æ° WET WEATHER ROUTINE æ° FLEET GYM	GRADUATION æ° FULL REHEARSAL	GRADUATION PARADE PREPARATION	
Period 5 08:30 - 09:00	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION PARADE æ° WET WEATHER ROUTINE æ° FLEET GYM	GRADUATION æ° FULL REHEARSAL	GRADUATION PARADE PREPARATION	
Period 6 09:00 - 09:30	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION PARADE æ° WET WEATHER ROUTINE æ° FLEET GYM	GRADUATION æ° FULL REHEARSAL	GRADUATION PARADE	
Period 7 09:30 - 10:00	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION PARADE æ° WET WEATHER ROUTINE æ° FLEET GYM	GRADUATION æ° FULL REHEARSAL	GRADUATION PARADE	
Period 8	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION æ° FULL REHEARSAL	GRADUATION PARADE	

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10:00 - 10:30	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION æ° FULL REHEARSAL	GRADUATION PARADE
Period 9 10:30 - 11:00	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION æ° FULL REHEARSAL	GRADUATION PARADE
Period 10 11:00 - 11:30	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° AS REQUIRED	AFTER GRADUATION FUNCTION
Period 11 11:30 - 12:00	GRADUATION TRAINING æ° GENERAL DRILLS / PT SQUAD	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° PARADE	GRADUATION TRAINING æ° AS REQUIRED	AFTER GRADUATION FUNCTION
LUNCH 12:00 - 12:30	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	END OF COURSE
LUNCH 12:30 - 13:00	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	Lunch - RTS	
Period 12 13:00 - 13:30	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° AS REQUIRED	
Period 13 13:30 - 14:00	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° AS REQUIRED	
Period 14 14:00 - 14:30	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° GENERAL DRILL SQUAD	GRADUATION TRAINING æ° AS REQUIRED	
Period 15 14:30 - 15:00	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° PT SQUAD	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° PT SQUAD	TRANSIT	
Period 16 15:00 - 15:30	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° PT SQUAD	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° PT SQUAD	Promotions	
Period 17 15:30 - 16:00	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° PT SQUAD	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° PT SQUAD	Promotions	
Period 18 16:00 - 16:30	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° AS REQUIRED	GRADUATION TRAINING æ° AS REQUIRED	GRADUATION TRAINING æ° AS REQUIRED	Promotions	
Period 19 16:30 - 17:00	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° AS REQUIRED	GRADUATION TRAINING æ° AS REQUIRED	GRADUATION TRAINING æ° AS REQUIRED	Promotions	
Period 20 17:00 - 17:30	GRADUATION TRAINING - DRILL SQUAD	GRADUATION TRAINING æ° AS REQUIRED	GRADUATION TRAINING æ° AS REQUIRED	GRADUATION TRAINING æ° AS REQUIRED	TRANSIT	
DINNER 17:30 - 18:00	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	Scran - OTS	
Period 21 18:00 - 18:30	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	
Period 22 18:30 - 19:00	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	Cleaning Stations	
Period 23 19:00 - 19:30	Rounds	Rounds	Rounds	Rounds	Rounds	
Period 24 19:30 - 20:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	
Period 25 20:00 - 20:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	
Period 26 20:30 - 21:00	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	
Period 27 21:00 - 21:30	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	KIT / STUDY	
Period 28 21:30 - 22:00						
Period 29 22:00 - 22:30						
Period 30 22:30 - 23:00						

N05011 - Junior Officer Common Training 24/02 - Bellona : Week 22

	Monday 9-Dec-24	Tuesday 10-Dec-24	Wednesday 11-Dec-24	Thursday 12-Dec-24	Friday 13-Dec-24	Saturday 14-Dec-24	Sunday 15-Dec-24
Early Start							
05:30 - 06:00							
BREAKFAST							
06:00 - 06:30							
Period 1							
06:30 - 07:00							
Period 2							
07:00 - 07:30							
Period 3							
07:30 - 08:00							
Period 4							
08:00 - 08:30							
Period 5							
08:30 - 09:00							
Period 6							
09:00 - 09:30							
Period 7							
09:30 - 10:00							
Period 8							
10:00 - 10:30							
Period 9							
10:30 - 11:00							
Period 10							
11:00 - 11:30							

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Period 11 11:30 - 12:00							
LUNCH 12:00 - 12:30							
LUNCH 12:30 - 13:00							
Period 12 13:00 - 13:30							
Period 13 13:30 - 14:00							
Period 14 14:00 - 14:30							
Period 15 14:30 - 15:00							
Period 16 15:00 - 15:30							
Period 17 15:30 - 16:00							
Period 18 16:00 - 16:30							
Period 19 16:30 - 17:00							
Period 20 17:00 - 17:30							
DINNER 17:30 - 18:00							
Period 21 18:00 - 18:30							
Period 22 18:30 - 19:00							
Period 23 19:00 - 19:30							
Period 24 19:30 - 20:00							
Period 25 20:00 - 20:30							
Period 26 20:30 - 21:00							
Period 27 21:00 - 21:30							
Period 28 21:30 - 22:00							
Period 29 22:00 - 22:30							
Period 30 22:30 - 23:00							

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Glossary of terms

AWQ	Annual Weapons Qualification
CIMS	Critical Incidents Management
Comms	Service Writing
DLOC	Directed Level of Capability
OLOC	Operational Level of Capability
Op Haututanga Shakedown	Exercises throughout the course that evaluate the trainees learning and understanding of the leadership framework
EMA	Early Morning Activity
GSK	General Service Knowledge
IED	Improvised Explosive Device
JOIST	Junior Officer Inter-Service Sports Tournament
LOAC	Law of Armed Conflict
MSFT	Multi Stage Fitness Test
NPS	Naval Psychology Services
OOD	Officer of the Day
PST	Provisional Swim Test
PT	Physical Training
Rounds	Inspection of accommodation
SAPRA	Sexual Assault Prevention and Response Advisor
Scran	Meal time
SERR	Sexual Ethics Response Relations
TLC	Tamaki Leadership Centre - Whangaparaoa
WPFA	Workforce First Aid
SQS	Sea Qualifying School – former name of the Sea Safety Training Squadron
LMS	Learning Management System – online courses
BCT arrive	Basic Common Training arrive on base to begin their 16 week ab-initio training
CAN prep	Preparation for going to sea aboard HMNZS Canterbury
ECUP	Efficiency Cup – skills competition between training divisions
KT CUP	Kempster Teagle Cup – sports competition between divisions
RTS (in reference to meals)	Recruit Training Squadron - using the North yard galley for meals that is at RTS
SPARE 1	A spare period during the day
Intro to NPS	Introduction to Navy Psychology Services – meeting the Psychologists that facilitate resilience and self-reflection sessions
Transit to PT	Travel to a physical training session
NHU	Naval Health Unit
NYSB	North Yard Sick Bay
DSSG	Defence Share Services Group
OTS	Officer Training School
Leave for those NRFD IAWPH 2 privileges	Leave for those Not Required For Duty, In accordance With Phase 2 privileges