



## Performing & Drawing for the FRCS(Plast) Programme

Day 1

Time	Programme
08:30 - 08:45	Introduction & Welcome
08:45 - 09:00	Vocal & Physical Warm Up
09:00 - 09:15	1 minute Viva (Mental Warm Up)
09:15 - 09:30	Strategy Talk
09:30 - 09:45	1 minute Viva (Mental Warm Up)
09:45 - 10:30	Clinical/Viva/Communication Station - Round 1
10:30 - 10:45	<b>Coffee</b>
10:45 - 11:30	Clinical/Viva/Communication Station - Round 2
11:30 - 12:15	Clinical/Viva/Communication Station - Round 3
12:15 - 13:00	<b>Lunch</b>
13:00 - 15:00	Drawings for the FRCS
15:00 - 15:15	<b>Coffee</b>
15:15 - 16:00	Clinical/Viva/Strategy Station - Round 4
16:00- 16:45	Clinical/Viva/Strategy Station - Round 5
16:45 - 17:30	Clinical/Viva/Strategy Station - Round 6
17:30	<b>Close</b>



## Performing & Drawing for the FRCS(Plast) Programme

Day 2

Time	Programme	
<b>08:30 - 08:40</b>	Welcome Back	
<b>08:40 - 08:55</b>	Vocal & Physical Warm Up	
<b>08:55 - 09:10</b>	1 minute Viva (Mental Warm Up)	
<b>09:10 - 09:55</b>	Clinical/Viva/Strategy Station - Round 1	
<b>09:55 - 10:40</b>	Clinical/Viva/Strategy Station - Round 2	
<b>10:40 - 10:55</b>	Coffee	
<b>10:55 - 11:40</b>	Clinical/Viva/Strategy Station - Round 3	
<b>11:40 - 12:00</b>	1 Minute Viva	
<b>12:00 - 12:45</b>	Lunch	
<b>12:45 - 15:00</b>	Drawings for the FRCS	<b>Communication 1:1 30 minutes per</b>
<b>15:00 - 15:15</b>	Coffee	
<b>15:15 - 17:30</b>	Drawings for the FRCS	
<b>17:30</b>	<b>Close</b>	