

WEEK 1	09:00	14:00
Monday 21/10	English HL P3 (3hrs) English FAL P3 (2½hrs) English SAL P3 (2½hrs)	Afrikaans HL P3 (3hrs) Afrikaans FAL P3 (2½hrs) Afrikaans SAL P3 (2½hrs)
Tuesday 22/10	Computer Applications Tech P1 (3hrs) Practical	Arabic, French, Italian, Mandarin, Modern Greek, Serbian, Spanish SAL P1 (2hrs) Latin SAL P1 (3hrs) Portuguese HL, FAL, SAL P1 (2hrs) Hebrew SAL P1 (2hrs), German HL, SAL P1 (2hrs)
Wednesday 23/10	Business Studies P1 (2hrs)	Information Technology P1 (3hrs) Practical
Thursday 24/10	isiZulu, isiXhosa, siSwati, isiNdebele HL P3 (3hrs), FAL P3 (2½hrs), SAL P3 (2½hrs)	Hindi, Gujarati, Tamil, Telegu, Urdu HL P1 (2hrs) Hindi, Gujarati, Tamil, Telegu, Urdu FAL P1 (2hrs) Hindi, Gujarati, Tamil, Telegu, Urdu SAL P1 (2hrs)
Friday 25/10	Sepedi, Sesotho, Setswana, Xitsonga, Tshivenda HL P3 (3hrs), FAL P3 (2½hrs), SAL P3 (2½hrs) South African Sign Language HL P3 (3hrs)	Arabic, Italian, Mandarin, Modern Greek, Serbian, Spanish SAL P2 (2hrs) Latin SAL P2 (2hrs) Portuguese HL P2 (2½hrs), FAL, SAL P2 (2hrs) Equine Studies (3hrs)
WEEK 2	09:00	14:00
Monday 28/10	English HL P1 (2hrs) English FAL P1 (2hrs) English SAL P1 (2hrs)	Hindi, Gujarati, Tamil, Telegu, Urdu HL P2 (2½hrs) Hindi, Gujarati, Tamil, Telegu, Urdu FAL P2 (2hrs) Hindi, Gujarati, Tamil, Telegu, Urdu SAL P2 (2hrs) Hebrew SAL P2 (2hrs) German HL P2 (2½hrs), SAL P2 (2hrs) Marine Sciences P1 (2½hrs)
Tuesday 29/10	History P1 (3hrs)	Engineering Graphics and Design P1 (3hrs) French SAL P2 (2hrs)
Wednesday 30/10	isiZulu, isiXhosa, siSwati, isiNdebele HL P1 (2hrs), FAL P1 (2hrs), SAL P1 (2hrs)	Business Studies P2 (2hrs)
Thursday 31/10	NON-EXAMINATION DAY	
Friday 01/11	Mathematics P1 (3hrs) Mathematical Literacy P1 (3hrs) Technical Mathematics P1 (3hrs)	Religion Studies P1 (2hrs) Sport and Exercise Science (3hrs)

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web hormesis was originally defined as a phenomenon in which exposure to a harmful substance gives beneficial effects to living organisms when the dose of the harmful substance is small the radiation hormesis is among the first documented examples