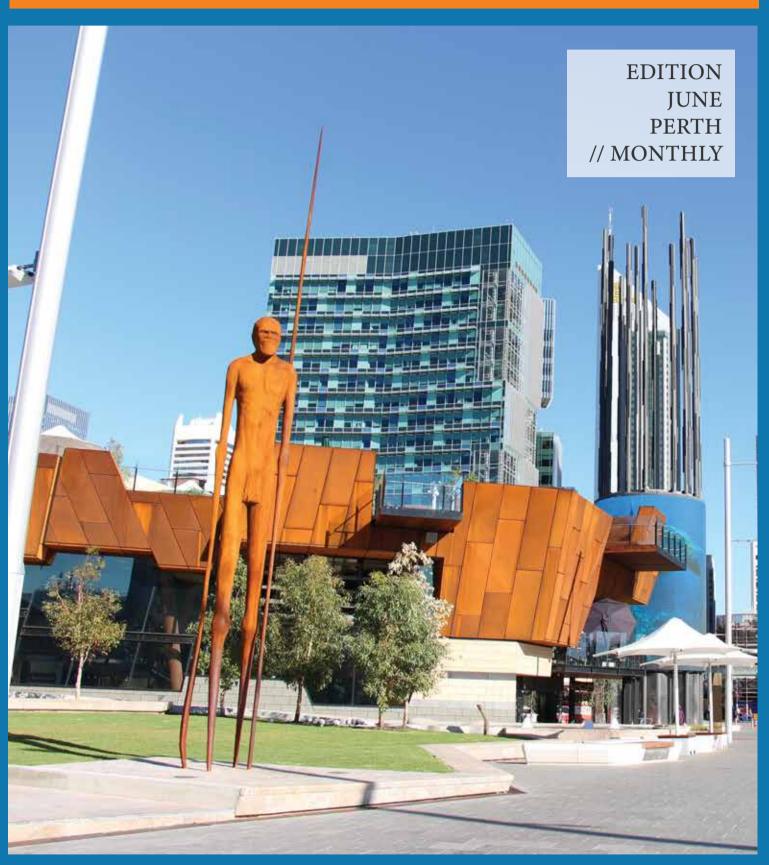
STUDENTLINKS

ACTIVITIES | FITNESS | CUISINE | PERTH | WHAT'S NEXT

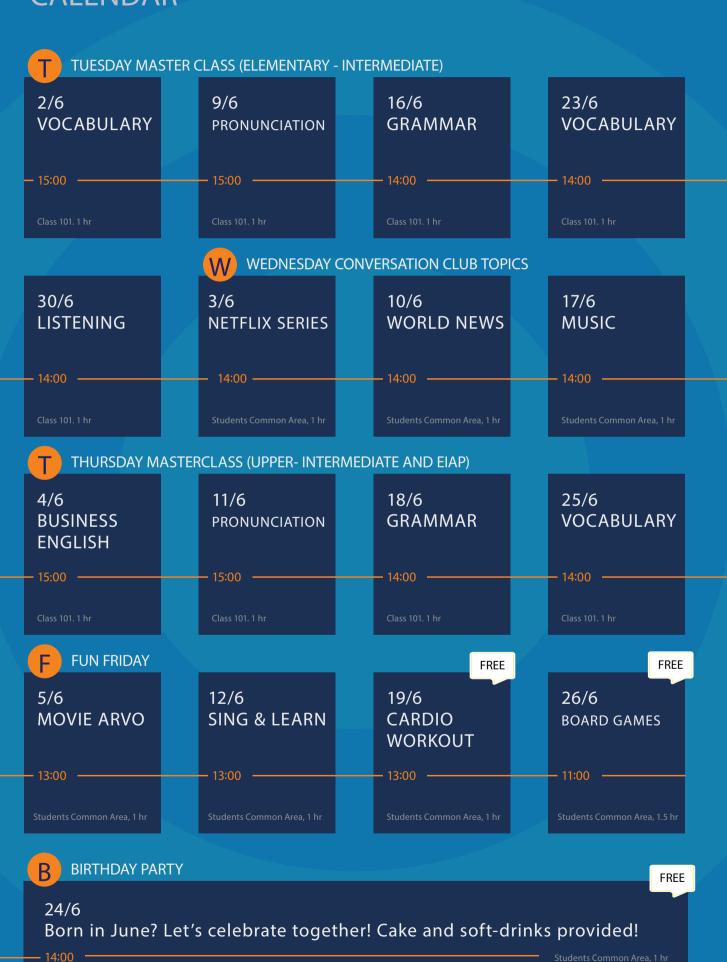


// June Activities // Workout Tips

// Cake Pop Recipe // Hiking Trails



ACTIVITIES JUNE



LANGUAGE LINKS
International
International

FITNESS

Set realistic goals, the reason being that if they're too daunting it's more likely that you'll give up training.

Get yourself mentally ready to do your daily routine. The morning is usually the best time because you are more relaxed and there are less distractions. 2

Music is a really useful tool. It gives you motivation and energy to work out harder.

Warm up & Cool down: this is important to prevent injuries, but also to get your mind ready for the exercises and for the activities afterwards.

4





Find the BEST Workout Plan



Track Strength
Training Progress



Work Out With a View



Keep a Fitness Journal





www.languagelinks.wa.edu.au



HIKING TRAILS

- 1. King's Park
- 2. Bells Rapid Walk Trail, Swan Valley
- 3. Matilda Bay Reserve, Crawley
- **4.** Burswood Loop, Burswood
- Law Walk, Kings Park, Perth
- Scarborough-Trigg Heritage Trail, Scarborough
- 7. Bibbulmun Track,Kalamunda
- 8. Bold Park, City Beach



The Swan Valley is a wine-growing region close to Perth. There are many wineries in the region and you can enjoy wine tasting. Other products also available for tasting are cheese, sauces, olive oil and chocolate. In addition to its good food and wine, the Swan Valley will also enchant you with its beautiful scenery.



Ana

Upper intermediate class



I highly recommend Fremantle to visitors. Walking through the streets with historic buildings, you will find heaps of restaurants, coffee shops and some high-end boutiques worth having a look at. There is a market filled with lots of stands where you can find funny little things. Accommodation won't be a problem, and it is very easy to get to Freo by train. COME AND ENJOY IT!



Willy

Upper Intermediate Class





WHY CAMBRIDGE ENGLISH



Claudia

CAMBRIDGE COURSE - FCE CLASS

44

When I returned to Australia, after six years of not using English on a regular basis, I was looking for a challenging English course which would help me to reinforce what I already knew and develop my skills. With this in mind, I couldn't have made a better choice than the Cambridge English ExamCourse at Language Links.

Even though the course is designed to prepare you for the Cambridge Exam, its benefits are much greater than that. Because the exam consists of five parts, such as: Writing, Reading, Speaking, Listening and Use of English, all of these abilities will be improved during the Course, which means this is a magnificent way to enhance this language in a thorough way.

Six years ago, I had the opportunity of being taught by a wonderful teacher at Language Links (Willis). This time my expectations were exceeded by our devoted and marvellous teacher Martin, who patiently goes through all the difficult areas and approaches his students according to our individual needs. The classroom -either virtual or physical- feels wholesome in every lesson.

The learning process has been extremely satisfying. Not only have I seen myself improve, but I have also taken part in the learning process of my classmates, which I believe is the most gratifying part of all. This course has given me the chance to share my strengths with others, leading me to learn even more.

With the program coming to an end, I know I will definitely miss it. So, if you are looking for a demanding, rewarding and highly worthwhile course, YOU HAVE COME TO THE PERFECT PLACE!

WHAT'SNEXT

Not sure of what to do after you finish your English course?

MARKETING AND COMMUNICATION
AT AAI PERTH

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- Oiploma 09 Months
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