

Make 2013 a Year Of Growth

Monday 7 January, 2013

This New Year, why not rethink the typical self-denial resolutions and go for something a bit different. Instead of vowing to go tee total or survive on nothing but lettuce, a more positive approach would be to bring something into your life that was previously absent. This could be a new hobby, exploring new places or gaining new skills – like learning a second language, for example.

The benefits of a second language have long since been impressed on us. Now, more than ever, the need to be able to communicate in several tongues has become a prerequisite for many business professionals, due to the expanding of companies abroad and the power of internet advertising. Thousands of companies now have offices dotted all around the globe, and staff in many countries, and being able to communicate confidently will put colleagues and clients at ease and improve professional liaisons. It also encourages knowledge of different cultures, a curious mind and a willingness towards new ideas. Scientific research has shown it also improves brain function and stimulates creativity.

You should not be put off the idea of learning a language if you struggled in school. Alpadia Language Schools are one of the main establishments that provide specific course for adults and over 50s. These language holidays could see you soaking up Switzerland's natural beauty whilst improving your French, or hanging out in a bar in hipster Berlin between German classes. How's that for a New Year's Resolution?

ESL also run [summer camps for teens throughout Europe](#), so could be a great incentive for the whole family, and look great on CVs and University applications. Accommodation and leisure activities will also be arranged by the school to ensure you experience the best of your language holidays. [Click here](#) for more information about the various courses on offer.

About ESL Schools

ESL are committed to providing quality language courses to learners of all ages and abilities. Their use of modern methods and a refreshing range of activities will engage and inspire students to reach their full potential. They also provide frequent opportunities for students to formalize their new skills by taking internationally recognized examinations.

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