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**THE LANGUAGE CENTRE**

### **Applied Linguistics: Voice training–Vocal hygiene in practice**

How do I sound my best? We'll get to the core of this common question here. Who hasn't experienced hoarseness, a compulsive throat clearing, a dry mouth, or even stage fright, before a speech? But when it comes down to it, this often has to do with language techniques than simple physiology. In combination with breathing and posture, we examine the topic of vocal register, which plays an important role in healthy voice generation. Practical exercises for everyday voice training will help you to develop a rich and confident voice.

#### Contact

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#### Course registration

##### Available courses

The currently available courses for Applied Linguistics can be found [here](#).

##### Course fees

**OVGUinternational**  
Incoming – Outgoing – Erasmus+