#1.

- Topic題目:

做自己的意義是什麼？ What Does Being Yourself Mean?

- Description內容:

The phrase "be yourself" often echoes in our ears, encouraging us to be authentic and unique in our generation. But it's easier said than done, right? What exactly is the "self," and how can we comfortably be ourselves? This time, we're diving into this topic to explore together. While practicing our English, we'll deepen our understanding of ourselves and the world around us.

「做自己」這句話，在我們這一代人的耳邊經常響起，鼓勵我們要真實，要獨一無二。但說起來容易，做起來難啊！究竟什麼是「自我」，怎樣才能舒服地做自己？這次我們就來聊聊這個話題，一起探索，一邊練習我們的英文，一邊深入了解自己和周圍的世界。

問題 Questions：  
  
對你來說，「做自己」意味著什麼？有沒有一次你覺得自己特別真實的經歷？出國生活有幫助重新找到自我嗎？  
What does "being yourself" mean to you? Have you had an experience where you felt especially authentic? Does living abroad help to rediscover oneself?  
  
我們周圍的環境，比如朋友、家庭、社會，是怎樣影響我們理解自己和表達自己的？  
How do our surroundings, like friends, family, society, affect how we understand and express ourselves?  
  
在不同的文化中，「做自己」有什麼不同的理解嗎？我們能從這些差異中學到什麼？  
Are there different understandings of "being yourself" in various cultures? What can we learn from these differences?  
  
一直努力「做自己」會不會有時候感到疲憊？怎樣在保持真實和適應周圍環境之間找到平衡？  
Can striving to "be yourself" sometimes feel exhausting? How do we find a balance between being authentic and adapting to our environment?

#2

- Topic題目:

How AI impacts our daily life now and the future?  
人工智能將會如何影響我們現在與未來的生活？

- Description內容:

In this discussion, we will explore the profound impacts of artificial intelligence on our daily lives, examining both current applications and future possibilities. As AI technologies advance, they integrate more seamlessly into various sectors such as healthcare, finance, education, and personal productivity, altering how we work, learn, and interact. This session aims to dissect the benefits and challenges of AI integration, and predict how it might shape our society in the coming decades.

在這次討論中，我們將探討人工智慧對我們日常生活的深遠影響，檢視其目前的應用與未來的可能性。隨著 AI 技術的進步，它們更無縫地融入了醫療、金融、教育和個人生產力等各個領域，改變了我們的工作、學習和互動方式。本次會議旨在剖析AI的好處與挑戰，並預測它在未來幾十年內將如何塑造我們的社會與個人生活。

- 問題Questions:

1. What are some of the most significant changes AI has brought to our personal and professional lives today? How do these changes enhance or complicate our daily activities?

人工智慧今天為我們的個人和職業生活帶來了哪些重大變化？這些變化是如何影響我們的日常生活？

2. AI is poised to automate many jobs that currently require human labor. Do you feel being threaten? What strategies should us individuals and the society implements to adapt?

人工智慧即將自動化許多目前需要人力的工作。你感到受到威脅了嗎？我們個人和社會應該實施哪些策略來適應？

3. In comparison to AI, what are the things human possess that are irreplaceable?

與人工智慧相比，人類擁有哪些不可替代的特質？

#3

**-Topic題目:**

How has Internet changed your life?

網路如何改變了你的生活？

**-概要Description:**

In today's interconnected world, the Internet has fundamentally altered how we communicate, work, learn, and perceive the world. From its inception to its current omnipresence, the Internet has revolutionized nearly every facet of human existence. In this discussion, we'll explore the profound ways in which it has transformed our lives, considering both its advantages and challenges, and pondering the opportunities it offers for the future. Join us as we delve into the personal impact of this monumental technological advancement.

網路已徹底改變了我們溝通、工作、學習和看待世界的方式。從網路的誕生到現在的無所不在，它已經革命性地改變了人類存在的幾乎每一個方面。在這次討論中，我們將探討它如何大大地改變了我們的生活，思考它所帶來的好處與挑戰，以及它為未來帶來的可能性。讓我們一起深入探討這一巨大技術進步對於個人的影響。

**-問題Questions:**

1. How has access to vast amounts of information on the Internet altered the way we learn and acquire knowledge?  
   網路上豐富的信息獲取方式如何改變了我們學習和獲取知識的方式？
2. What are some positive and negative effects of the Internet on mental health, social interactions, and personal relationships?  
   網路對心理健康、社交互動和個人關係有哪些正面和負面的影響？
3. How has the Internet influenced consumer behavior, including shopping habits and the rise of e-commerce platforms?  
   網路如何影響消費者行為，包括購物習慣和電子商務平台的興起？
4. What role does the Internet play in shaping our cultural experiences, from entertainment consumption to the spread of viral trends?  
   從娛樂消費到流行趨勢的傳播，網路在塑造我們的文化體驗中扮演了什麼角色？
5. What are the ethical implications of data privacy, surveillance, and online security in the digital age?  
   在數位時代，如何看待數據隱私、監視和在線安全的倫理道德界線？

#4

-Topic題目:  
Living in the Moment vs. Anticipating the Future  
活在當下 vs. 期盼未來

- 概要Description:  
In today's rapidly changing world, "living in the moment" has become a life philosophy that more and more people are pursuing. This concept emphasizes focusing on the present moment, letting go of uncertainties about the future and regrets about the past, and fully experiencing each moment. Meditation, as a mental practice, helps us better immerse ourselves in the present, reduce stress, and enhance our sense of fulfillment in life. However, at the same time, hope and anticipation for the future are also indispensable parts of our lives. They drive us forward and motivate us to achieve our goals and dreams.  
  
In this deep dialogue, we will explore the meanings and choices of "living in the moment" versus "anticipating the future." This event will provide us with a platform to rethink our life attitudes and find ways to balance the present and the future.  
  
在當今快速變遷的世界中，「活在當下」成為了越來越多人追求的生活哲學。這一觀念強調專注於當前的時刻，放下對未來的不確定性和過去的遺憾，並全心全意地體驗每一刻。冥想作為一種心靈練習，幫助我們更好地融入當下，減少壓力，提升生活的滿足感。然而，與此同時，對未來的希望和期待也是我們生活中不可或缺的一部分。它們驅動著我們前進，激勵我們實現目標和夢想。 在這次深度對談中，我們將探討「活在當下」與「期盼未來」這兩種生活方式的意義與選擇。這次活動將為我們提供一個平台，重新思考我們的生活態度，找到平衡當下與未來的方法。

- 問題Questions:  
  
1. What does "living in the moment" mean to you? What significance does it hold for you? How do you practice "living in the moment" in your daily life?  
什麼是「活在當下」？它對你有什麼樣的意義？ 在你的日常生活中，你如何實踐「活在當下」？  
  
2. What is the importance of hope and anticipation in an individual's life?  
你認為希望和期待對於個人生活的重要性是什麼？  
  
3. How can one find a balance between "living in the moment" and "anticipating the future"? Which lifestyle do you think is more suitable for modern society, and why?  
如何在生活中找到「活在當下」和「期盼未來」之間的平衡？ 你覺得哪種生活方式更適合現代社會？為什麼？  
  
4. How can you apply the concept of "living in the moment" in your work or studies to improve efficiency and satisfaction?  
在你的工作或學習中，如何應用「活在當下」的理念來提高效率和滿足感？

#5

-Topic 題目:

Are you superstitious? Why do people believe in ‘weird’ things?

你迷信嗎？為什麼人們會相信一些’奇怪’的事情？

-概要 Description:

Superstitions and beliefs in "weird things" have been part of human culture and psychology for centuries. From avoiding black cats to fearing Friday the 13th, these beliefs often defy logic but persist strongly in society. We will be exploring why people hold onto these beliefs and how can they offer insights into human psychology, cultural influences, and the search for meaning and control in uncertain circumstances.

迷信和對“怪異事物”的信仰，已經是人類文化和心理的一部分數個世紀了。從避免黑貓到害怕星期五13日，這些信念通常難以理解，但在社會中卻堅定地存在。探討人們為何堅持這些信念，可以深入了解人類心理、文化影響以及在不確定情況下尋求意義和控制的過程。

問題 Questions:

- Do you believe in something that many others don’t, or even consider as superstitious?   
你有相信什麼普遍其他人不相信的，甚至是被認知為迷信的東西嗎？

- Why do you think superstitions persist despite the advancement of science and knowledge? Do you think they are rational, or purely irrational beliefs?  
你認為為什麼”迷信”在科學和知識進步的情況下仍然存在？你認為它們是理性的還是純粹是非理性的信念？

- Can superstitions have positive effects on people, such as providing comfort or a sense of control?  
迷信是否可能對人們產生正面影響，如提供安慰或一種控制感？

- How can we distinguish between harmless superstitions and beliefs that can be harmful or discriminatory?  
我們如何區分無害的迷信和可能有害或具有歧視性的信仰/信念？

#6

-Topic 題目:  
  
Crossing Borders: The Impact of Upbringing and the Transformation of Living Abroad"  
跨越國界：原生家庭的影響與海外生活的轉變

-概要 Description:  
  
As globalization picks up pace, more and more of us are choosing to live or study abroad. These cross-cultural adventures open us up to new worlds but also bring their fair share of challenges. Our upbringing shapes our values and habits, while living abroad broadens our horizons and changes how we think. When these new lifestyles clash with what we grew up with, we have to figure out our own path and make some compromises.In this conversation, let’s chat about how our family backgrounds and overseas experiences have shaped us. We'll talk about what we've loved and what we’ve found tough during our journey. And as we think about teaching the next generation, what kind of influence do we want to have on them?  
  
  
隨著全球化的加速發展，越來越多的人選擇到海外生活或學習。這些跨文化的冒險讓我們接觸到新的世界，但也帶來了不少挑戰。我們的成長背景塑造了我們的價值觀和生活習慣，而在海外生活則開闊了我們的視野，改變了我們的思維方式。當這些新的生活方式與我們成長過程中的價值觀產生衝突時，我們需要找到自己的路並做出一些妥協。在這次對話中，讓我們聊聊家庭背景和海外經歷如何影響了我們。我們會討論在成長和探索過程中，我們喜歡什麼以及覺得困難的地方。此外，當我們考慮教育下一代時，我們希望對他們產生什麼樣的影響？

-問題 Questions:  
  
  
- 你的原生家庭如何塑造了你的價值觀和生活習慣？這些影響又給你的海外生活帶來什麼？  
How did your upbringing shape your values and habits? How did these influence affect your living abroad?  
  
- 你認為在海外生活對你最大的改變是什麼？  
What do you think is the biggest change living abroad has brought to you?  
  
- 如果你有教育下一代的機會，不管是兒女還是工作上的晚輩，你會希望帶給他們怎麼樣的影響？  
If you have the opportunity to educate the next generation, whether it's your children or junior colleagues at work, what kind of influence would you like to have on them?

#7

-Topic 題目:

What’s your childhood dream? Did you imagine being who you are now?

-概要 Description:

Childhood experience is important in shaping one’s interests, decisions in life, and how they interact with the world. In school, we often get asked “What do you want to be when you grow up?”, and for most of us, it is one of the rarer chances that we get to think about what we want to become, and what it means for us to become something or someone when we become an adult.

-問題 Questions:

1. What sort of child were you? What did you want to be when you were a child, and why did that career or dream appeal to you?
2. How did your childhood dream change or evolve as you grew older, and what factors influenced this change?
3. Did you pursue your childhood dream or a similar career path as an adult? If not, what led you to pursue a different path?
4. How has your childhood dream influenced your life or the decisions you've made as an adult?
5. If you could go back in time and talk to your younger self about their childhood dream, what advice would you give them?

#8

Food & Culture: Let’s Talk About Om-Nom

The food you eat is often an accumulation of your experiences, the places you’ve been, and your influences. As you settle in the United States, you’ll find food that is familiar to you and food that is unlike anything you’ve tasted before. The same can be said about your new life in a new country. Food has a unique way of bringing people together, creating new experiences, and establishing a common ground. The experience is not only the type of food you eat, but also the seasonal ingredients used, they way of cooking, the overall atmosphere of where you eat it. And the most important point, who you eat it with.

* **What’s your favorite food from your culture, and why do you love it?**
* **Are there any foods from other cultures that you find strange or unusual? Would you try them?**
* **Do you think food can tell us something about a culture or country? If so, what?**
* **Is there a specific dish from your country that you would recommend everyone try? Why?**
* **Are there any foods from your childhood that you miss or still enjoy today?**
* **Is there a food you’ve eaten while traveling that you wish you could find or make at home?**

**#9**

Why people travel? Where’s your next holiday destination?

People travel to different places for various reasons. For some it's a celebration, such as graduation, wedding, landing a new job etc. For some it’s for experience, and a challenge to step out of their comfort zone. For some it's a holiday, a reward, where people seek a break and relaxation.

The word holiday comes from Old English literally holy + day, originally referred to only special religious days. Now the word’s meaning differs geographically, In North America it means any dedicated day or celebration, such as Christmas holiday. In the UK, Australia and NZ, holiday is used instead of vacation.

1. When was your most recent holiday and where did you travel?

2. What motivates you to travel? If you have a long weekend, where do you want to go?

3. What was your most unforgettable trip you have ever had? Where, and why?

4. Do you like travelling alone, and why?

#11

Kindness in the workplace, weakness or strength?

Kindness is often valued in personal relationships, but how does it play out in a professional setting? Some people believe kindness in the workplace is a strength, fostering collaboration, trust, and a positive environment. Others, however, argue that being too kind can be seen as a weakness, potentially leading to exploitation or a lack of authority. In this discussion, we’ll examine whether kindness at work is an asset or a liability, and how it can impact productivity, team dynamics, and leadership.

* What is kindness in the workplace? Share your "Wow he/she is so kind" moment?
* But being kind to who? colleagues vs. boss vs. subordinate vs. client vs. society, which is more difficult? Do they conflict?
* When is kindness perceived as weakness? Or is it simply a myth?
* Have you ever experienced the unwanted extra mile? The problem of overdoing and being nice, when extra miles become the formality and norm.
* Difference of being nice, being friendly and being kind?
* Strategies?! How to be strong and kind?